



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 245. August 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, August 12, 2010

SAHS Members' Show-n-Tell Session



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

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. AND don't forget to meet and greet any visitors or new members and show them around.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.



In September, We'll Talk Tea

San Antonio native Pamela 'Dax' Dean has had her fingers in the soil since she was a toddler, planting with her Dad and picking herbs for Mom's dinner table. Dax became fascinated with tea while using it as a substitute for junk food and snacks. This included research into its cultural and scientific background and experimenting with her own blends of tea and herbs. She founded San Antonio Tea & Herb Enthusiasts Meetup group to provide social and educational events for local tea lovers.



Dax recently donned her journalist hat to begin writing the San Antonio Coffee and Tea Examiner online column. Her tasting notes can be read on Steepster.com. She still grows herbs on the porch! Dax's profile and links are here: <http://www.google.com/profiles/aeondax#about>

Susan Mata is the owner of TeaZinginSA.com, an online tea company here in San Antonio. For more than 25 years Susan has been a tea drinker, tea party hostess, and teapot/teacup collector. Her love of tea started while living in Germany. Her landlady drank tea daily and introduced Susan to the art of loose leaf tea. She introduces new teas every month in her TeaZing tea group which she operates out of her home. Susan presents a variety of topics from tea tastings, the art of tea blending to cooking with teas. She is also a guest speaker for various organizations as well as speaking on the health benefits of tea to medical professionals.

Submitted by Jean Dukes, Programs

From the Old Farmer's Almanac:

For stellar delights, remember to look UP during August. The Perseid meteor shower peaks around August 12-13. Find yourself a place with no (or very little) man-made lighting, face the northeast sky and be patient. The Perseids are expected to show off about 50 shooting stars per hour at their height. Also around August 13, there'll be a lovely planetary display of Venus, Mars and Saturn in the evening sky, all setting about 10:20 pm.

Next full moon is September 4th: The Full Corn Moon.



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 left over at the end of the meeting will be thrown away.

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Hospitality Table Schedule:

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

Hospitality needs some help.

Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the July meeting

Grilled Venison Sausage with Honey Mustard & Cheese, dusted with Dill



Grilled Ancho Chile Sweet Potato & Asparagus Roll-ups with Dill Cream Cheese

Recipes not provided with these two. Too bad—they were pretty great!

Aegean Salad

Submitted by Lyn Belisle

For the lime vinaigrette:

- 2 large garlic cloves, crushed
- 1/2 C olive oil
- 1/4 C lime juice
- 1/4 C dried dill weed

For the salad:

- 1 C raw rice
- 1/2 C Calamata olives, pitted
- 1/3 C chopped scallions
- 1 medium cucumber, peeled and sliced thin
- 1/3 C fresh parsley sprigs, packed
- 1 C crumbled feta cheese

Fresh-ground pepper to taste

For the garnish

- 5 or 6 cup-shaped Boston or romaine lettuce leaves

(optional)

Mix all the ingredients for the vinaigrette and reserve.

Cook the rice in a very large pot of rapidly boiling salted water for 15 to 20 minutes, or until tender but slightly firm. Drain and rinse. Combine the rice and half the lime vinaigrette and let stand until the mixture reaches room temperature. Mix in the remaining ingredients and the rest of the vinaigrette and chill. Before serving, arrange the lettuce leaves on a platter and fill each with a portion of the salad, or serve the salad from a glass bowl.

Watermelon Salad with Purple Basil and Feta

Submitted by Carol Hamling (from Williams-Sonoma's "Cooking for Friends")

Combine

- 1-inch-thick slice seedless watermelon, cut from center (1 to 1 1/2 lb)

- 1 C Nicoise or Kalamata olives, pitted
- 5 oz feta cheese, crumbled or cut into 1/2 in cubes
- 1/2 C lightly packed small fresh purple basil leaves
- 1/2 C extra-virgin olive oil

Juice of 1 lemon

Sea salt and freshly ground pepper, to taste

Place watermelon slice on a cutting board and cut around the outside to remove the green skin and white flesh. Cut the red flesh lengthwise and then crosswise, forming 1-inch cubes. Carefully slide the watermelon onto a platter, taking care to keep the shape of the slice intact.

Sprinkle with the olive, feta cubes and basil leaves, then drizzle with the olive oil and lemon juice. Season with salt and pepper and serve immediately.

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

Koch Kase (Cooked Cheese)

Submitted by Jackie Compere

- 12 oz cottage cheese (1 1/2 C)

- 1 tsp baking soda

- 3 Tbs flour

- 2 Tbs margarine (or more to taste)

- 1 tsp dill seeds (alternatively: 2-3 Tbs chopped fresh herbs or 1 Tbs dried)

Crackers or rye bread for serving.

In a 4-C glass measure, mix cottage cheese, baking soda and flour. Microwave for 45 seconds. Let set 30-45 minutes. Add margarine and microwave 3 minutes or until it reaches a full boil, stirring frequently. Add dill seeds (or herbs). Let cool, stirring. Refrigerate. Serve with crackers or rye bread.

Simple Dill Sauce

served by Joe-Beth Kirkpatrick (from the SAHS Cookbook, Volume II, page 256)

- 1 C plain yogurt

- 3 Tbs fresh dill, snipped fine

- 1 1/2 tsp Dijon mustard.

Mix all ingredients and chill for 1/2 hour.

This is perfect as a simple chip dip or as a sauce for vegetables or meats.



Mandarin-Dill Refreshing Lotion for the Skin

Submitted by Lyn Belisle

- 15 drops of essential oil of Mandarin orange

- 20 drops of essential oil of dill

- 2-3 oz of unscented lotion (I used Nature's Gate unscented from Sun Harvest)

Mix essential oil into carrier lotion and let rest to combine and synthesize for several hours.

(Neither dill EO or mandarin is known to cause an allergic reaction, but if your skin is especially sensitive, be sure to try a tiny bit first to make sure it doesn't irritate.)

Mandarin-Rosemary-Pine Nut Biscotti

Submitted by Eileen Achorn

- 1 1/2 C all-purpose flour

- 2/3 C cornmeal

- 2/3 C pine nuts

- 2 Tbs fresh rosemary, minced

- 2 tsp baking powder

- 2 large eggs, at room temperature

- 2/3 C sugar

- 1/3 C extra virgin olive oil

- 1/2 tsp salt

Preheat oven to 350 and coat a large baking sheet with cooking spray. Combine 1st 5 ingredients and stir until the rosemary is evenly distributed throughout. Whisk eggs, sugar, oil and salt in a medium bowl until just combined and uniform - but not until the sugar dissolves. Stir the wet ingredients into the dry to form a soft dough. Turn out onto a lightly floured surface and shape into a 15 by 2 1/2 inch log. Transfer to the prepared baking sheet.

Bake for 30 minutes. Let cool on the baking sheet for 15 to 20 minutes. Reduce the oven temperature to 325. Slice the log crosswise into 1/2 inch thick slices. Place them cut side down on the baking sheet. Bake for 10 minutes. Turn over and continue baking for 10 minutes more. Cool on the baking sheet for 5 minutes. Transfer to a wire rack and cool completely.

Store in an airtight container at room temp for 3 days or freeze for up to 3 months. Enjoy!

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.

September: Tea—History, Traditions and Health with Pamela 'Dax' Dean and Susan Mata.

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

November: SAHS member Diane Lewis on Landscape planning

December: annual winter member-only banquet. If you'd like to help coordinate this event, please see any board member.

Next Board Meeting

August 30, 6:30 pm. These meetings are open to the general membership. 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.

Tee-shirts, totes and aprons available

Talk to Patty Wilson at the sales table at the next meeting.

SA Botanical Garden Events

Playhouses and Forts exhibit throughout the Garden until September.

SAHS and "Go Texan"

GO TEXAN promotes the products, culture and communities that call Texas home. provided by the Texas Department of Agriculture.

Publications, including e-zines and e-newsletters, are many and varied. Check out the GoTexan webpages and do a little browsing.

Here's a recipe from their e-news:

Firecracker Burgers

1-1/2 pounds ground beef chuck
4 sesame seed sandwich rolls, split and toasted
1 cup watercress or mixed spring greens
Seasoning:

1 T. curry powder
1 T. Caribbean jerk seasoning
1 tsp. salt

Sauce:

1/2 cup mayonnaise
1/4 cup plain yogurt
1 T. fresh lime juice
2 tsp. grated lime peel
1/4 tsp. salt

Instructions:

Combine ground beef and seasoning ingredients in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties. Place patties on grill over medium, ash-covered coals. Grill uncovered, 13 to 15 minutes to medium (160°F) doneness, turning occasionally until not pink in center and juices show no pink color. Meanwhile, combine sauce ingredients in small bowl; set aside. Spread sauce on cut sides of rolls. Place a burger on bottom half of each roll; top evenly with watercress. Close sandwiches.



GO TEXAN.

www.gotexan.org

Some interesting information

Here's a web site that discusses the need to preserve seeds of all kinds: <http://www.survivalherbbank.com/>
Another site dedicated to healthy diet skills is <http://www.naturalnews.com>

Submitted by Jean Dukes

Farmer Market info

Each site lists its vendors and dates/times/locations of operation. Enjoy the fresh!

<http://hillcountryfarmersmarket.org>

<http://pearlfarmersmarket.com>

<http://sanantoniofarmersmarket.org>

http://naegelinfarms.com/Farmers_Market.html

<http://centraltexasgrowers.org>

Internet "Meet-Up"

Meetup.com (also called Meetup) is an online social networking portal that facilitates offline group meetings in various localities around the world. Users enter a ZIP code or their city and the topic of interest. Meetup allows members to find and join groups unified by a common interest, such as politics, books, games, movies, health, pets, careers or hobbies.

If any of you SAHS membership has experience using the "Meetup" web pages, please talk to a board member and provide your reaction to that site. Thanks for your input.

Boerne's 2nd Saturday Market

What a great weekend! Boerne is fast becoming a terrific competition for Fredericksburg in the wide variety of events, restaurants, shops, crafters and artisans available.

Greeters

Did anyone catch the announcement by Yvonne at the July meeting? In order to help our visitors feel more welcome (which is why the rest of us are here, isn't it?), SAHS board is asking that members whose names' initials appear in the hospitality list (see page 1) also make the effort to hang around the front door and help out Gayle with the meet-n-greet duty. Sometimes, all you need to do is to give the visitor a minute to get signed in, then introduce yourself and offer to help the visitor find a good seat or something cool to drink and maybe have a nice conversation in the process. Help us help our visitors and thanks!

What Sally Ann heard:

Just to let you know, I was working at the SA Botanical Herb garden this morning and telling Jane McDaniel about it. Along come two ladies who noticed our name tags and they had been to the Basil Fest. One lady had pictures of the caprese salad and some of the members. They were both very impressed with our booth and the work we did. They picked up info on the Herb Society, loved the basil fest, loved the Herb Garden and plan on attending the meeting in July.

Submitted by Sally Ann Hnaituk

Continued on page 4

Over the Fence...(cont)

Think "Tea Party":

Did you know that the folks in Colonial America created a tea they called "Liberty Tea"? An excerpt:

"The evils of Asian tea and British customs duties may not top the Tea Party platform these days. But the Glenn Becks of the 1770s were compelled to invent their version of freedom fries — a drink they called liberty tea. They made it from plants like goldenrod and Labrador tea (*Ledum groenlandicum*, a variant of the heath family). Newspapers published herbal recipes, mixing common plants like peppermint, marjoram, hyssop, rosemary, raspberry, lavender, fennel, dill and thyme. It helped that the colonists did not have to look far for their new brew. Herbal treatments already represented the foundation of Colonial-era medicine. And herbs could be found in nearly every yard and garden. Still, it was nothing less than a revolution that helped move herbal tea from the medicine cabinet to the kitchen table."

Check out the entire story here: http://www.nytimes.com/2010/07/22/garden/22garden.html?_r=1&hpw

Submitted by Sally Ann Hnaituk

From the SAWS e-news "cnsrv"

Conservation is a Community Effort: We're in Good Company.

By Juan Soulas

To echo a famous Beatles tune, we (in Conservation) get by with a little help from our friends. Our partners in conservation are vital to our mission of helping the community save water.

* Environmentally-responsible gardening and landscaping is a specialty of the Bexar County Master Gardeners. Look for them at local gardening events.

* The Garden Volunteers of South Texas (GVST) offer classes on a variety of gardening topics. They work with other community organizations on gardening projects and co-sponsor the annual WaterSaver Landscape Contest.

* In addition to hosting special events such as SAWS Garden Jazz, the San Antonio Botanical Garden features the WaterSaver Garden and Lane, where visitors can get inspiration to create their own water-wise landscape.

* Mitchell Lake Audubon Center is home to all sorts of reptiles, amphibians, insects and mammals. A renowned site for bird-watching, the 215 acres of wetlands and ponds provide a sanctuary for migratory birds. Educational classes on ecology and resource management are also offered.

These are just a few of the groups we work with to promote methods that not only save water, but also help you maintain a beautiful garden and landscape. So if you see any of them at community events, chat with them. Ask 'em your most perplexing garden queries.

And rest assured you're getting expert advice.

Special Interest Groups (SIGs)

If you have a particular area of interest, Get in touch with one of our SIG leaders. They'll help you get one started. Here's your chance to do even more herbal things during the month!

Hearty Handshakes to...

Our new Board members. Thanks so much for your enthusiasm and fresh ideas and dedication to the Herb Society.

Minutes of the July General Meeting

July 8, 2010

Meeting started at 7:08p.m. Yvonne Bacca, president welcomed members and new attendees. Special thanks to Sandra Lyssy, Cindy Windslett, and Marilyn Nyhus for setting up hospitality table and decorations.

It was announced that on our website's home page there are two logos on top right-hand corner: Go Texan and Facebook. Please check us out.

We are an associate member of Go Texan which is great advertising and exposure for the Herbal Society.

June minutes were approved as well as May treasurer's report.

Yvonne reported on success of the Basil Festival in Evelyn Penrod's stead. Volunteer hours worked exceeded 44 and we collected \$520.50 in sales. Diane Lewis thanked everyone who helped out at Basil Festival. Special thanks to Evelyn Penrod and Gayle Morris who put together dried herb mix that was handed out at Festival. Eileen Achorn, past SAHS president, spoke on every aspect of basil and did a cooking demonstration.

Maril Nyhus introduced the speaker for the evening, which was our very own member Joe-Beth Kirkpatrick, giving a presentation on Dill, 2010 Herb of the Year.

At end of meeting Jennie Perkins did a drawing for gift basket with Sense products which was won by Gayle Morris. Yvonne asked members whose last names of the alphabet are to bring goodies for our hospitality table also help with greeting new members and making them feel welcome starting in August.

Please don't forget: August is our annual share meeting where we get to show and tell.

Meeting was adjourned at 8:19pm

July Program—Dill

Joe-Beth has been a member of the herb society since 1998 and has always enjoyed working with herbs and plants. She has served on numerous committees and is currently in charge of our newsletter. This evening, she spoke on herb of the year, Dill. Historically, dill has been around along time. We learned that it was found in Egyptian tombs, and in the Middle East, Asia and Northern Europe. The ancient Israelites paid their tithes in dill (believe it or not). The name, dill, comes from various old languages but all point to its ability to calm and lull. Traditionally, dill has been known as a herb that soothes you. As a tea made from the seeds, it is great for your stomach and aids in digestion. A weak tea is even great for colicky babies. We discovered fresh dill is better than dried (which just doesn't retain its flavor). It is a native of the Mediterranean region up into Southern Russia.

Dill is an annual and freely reseeds itself in the garden. It doesn't like to be transplanted, though, so let those seeds fall.

Joe-Beth invited Lyn Belisle to speak about dill essential oil. Lyn passed around samples of dill essential oil first by itself, then mixed in a lotion blended with mandarin essential oil. Lyn related a story by another herbalist about the use of dill E.O. as an appetite stimulant AND suppressant.

A handout was provided which will be made available by the SAHS later.



Treasurer's Report, June 2010

Submitted by Kathryn Seipp

INCOME	
Membership	0.00
Plant Sales	0.00
Cookbook Sales	117.50
Resource Guides Sales	180.00
Booklets Sales	48.00
Bundled book Sales	245.00
Shirts, Aprons, Totes	27.00
Miscellaneous Sales	1.50
TOTAL INCOME	619.00
EXPENSES	
Attendant Fee	45.00
Banquet	0.00
Equipment	129.74
Hospitality	8.57
Publicity	400.00
Rent Expense	85.00
Supplies	110.69
Total Expenses	779.00
Total Income-Expenses =	(160.00)
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	4,488.07
Frost Savings	2,386.19
TOTAL Cash and Bank Accounts	8,128.35
TOTAL ASSETS	8,128.35
LIABILITIES	0.00
OVERALL TOTAL	8,128.35

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

Welcome to our newest member, Janet Ruple, who heard about us through Master Gardeners. (I believe our own Marilyn Nyhus has been busy spreading the word – excellent, Marilyn!) Look for Janet at future meetings and introduce yourself. She has checked off several areas where she would like to become involved so we'll look forward to working with you, Janet!

Total Current Memberships: 132
 Single 108
 Dual 9
 Business 10
 Lifetime 5

Total 2009 Members who have not yet renewed: 35

Submitted by Gayle Morris, Membership Chair



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.

A Poem for the Gardeners

This is a lovely poem....that you as gardeners may appreciate.

Gardener's Notebook

By Dorothy Moffatt

A rose and a tomato
 in my garden grew.
 One was for the Steuben vase.
 One was for the stew.

Which was the more beautiful
 is difficult to say.
 Each achieved perfection
 in a different way.

But long since gnawing hunger pains
 were sated at the bowl
 the ghost of that one fragrant rose
 satisfies the soul.

submitted by Marguerite Hartill

From the SAWS e-news "cnsrv"

The penta, or star flower, is a great summer performer for color in the garden, featuring prolific flower clusters; lush, dark green foliage. A perennial item, it attracts hummingbirds, butterflies. It is, easy to grow - great for beginners!

Tolerant of shade and low light conditions; can be grown in containers; Useful for fresh and/or dried arrangements. Likes well worked, moderately fertile soil that retains moisture well. Red pentas and **blue Salvia guaranitica** are a good combination and can guarantee visits by hummingbirds, which seem to be drawn magnetically to these flowers!

The Pears are Ripe

This writer spent a long weekend dealing with several 5-gallon buckets of freshly picked pears. I'll be busy for several evenings this week, for sure, canning spiced and brandied pears, pear preserves, pear pies (frozen and saved) and oh, my! It's always amazing just how wonderful this simple fruit tastes when all, and I mean *all*, the preparation is at one's own hands. Yes, it's a lot of tedious work and yes, I get tired of standing at the kitchen sink for all those hours in prep. But it's more than worth the smiles of family and friends when I can make a gift with a little something made from the heart.



Our Water Supply and Disposal of Old Medications

San Antonio Water System helped collect more than 1,300 pounds of unwanted or expired medications as part of its initial MedDropSA program. MedDropSA is a partnership between San Antonio Water System, the San Antonio Police Department and the City of San Antonio Solid Waste Management Department. Through this program, local residents can properly dispose of the medications collecting dust in their medicine cabinets. Not only is there a danger of expired medications getting flushed down the drain and ending up in the water supply, but there is a chance that people might get their hands on expired medications to abuse them.

MedDropSA will host a series of collection events whereby residents can drop off old medicines. San Antonio police officers collect the medications, remove all identifying information and ensure that they are disposed of safely. The next scheduled event will be Sept. 11 at the Alamodome.

Brian's August 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

1st Week:

Fertilize summer-blooming perennials lightly with 16-8-8 or 15-5-10. Add compost to the vegetable gardens before planting tomatoes, peppers, okra and southern peas this month. Spread 2 inches of compost and till to a depth of 6-8 inches. Harvest okra every two days to maintain a crop of tender pods. Perennial plants should be cut back during the stress of the hot days.

Mulch to conserve moisture.

Tomato, eggplant, and pepper plants can be transplanted into the fall garden now, but the tender plants will need protection from scorching sunlight and pests. The best tomato plants to grow here are Sunmaster, Tomato 444 (Healthy Surprise), Celebrity, Amelia, and Merced. Also try Solar Fire, Sunpride, Top Gun, and Surefire. A good tomato for containers is Patio. For the former, buy the tallest, lankiest plants you can find and bury in 1-gallon containers all the way up to the first set of leaves. Roots will form all along the buried stem and produce a good root mass. For Patio tomatoes, buy the shortest plants.

Plant heat-loving plants, such as lantana, bougainvillea, allamanda, hibiscus, mandevilla, copper plant, zinnia, portulaca, and salvia.

Water lawns in accordance with the current SAWS drought restrictions (Stage 2 or 3 as of this issue's deadline date).

In Our Herb Garden:

Seed frost-tolerant herb perennials indoors for later transplanting. Start indoor cuttings of perennial herb to promote fall plantings. Preserve your herbs by drying them in the air, refrigerator, or microwave. Freeze in ice cube trays as an oil paste (think pesto). Make herb flavored vinegars, jellies, butters, oils, honeys, pickles, relishes, or mustards.

2nd Week:

Cut back Poinsettias and pinch back subsequent growth. Pinch shoot tips on Mums and Asters. Trim lantana and verbena with a string trimmer for consistent blooms. Cut back 'Texas Gold' columbines if they are looking ratty. They will put on new foliage next month.

Endure August heat and consider these plants for colorful fall: Marigolds (Discovery Gold & Discovery Yellow); Zinnias; Celosias (Cockscombs); Joseph's Coat; Mexican Bush sage (Salvia leucantha); Fall aster (Blue); Chrysanthemums (garden-type); Spider lilies (reds); Belladonna lilies; Fall crocus (Sternbergia lutea); Sweet autumn

clematis; Coral vine or Queen's wreath.

Southern peas, pumpkin and winter squash seeds can be planted now for harvest in fall.

3rd Week:

Languishing spring-blooming perennials may be cut back, divided and replanted immediately.

Trim leggy petunias and impatiens, cherry sage (Salvia greggii) and mealy blue sage (Salvia farinacea) to encourage new blooms. Cut spent blooms and a few inches of stems. Plant beans, lima beans, cucumbers, sweet corn and black-eyed peas for the fall harvest.

4th Week:

Start sowing flowering winter annuals, such as alyssum, calendula, larkspur, poppy and stock. Cut back mallow hibiscus plants to 8 inches to encourage a second bloom this fall. Include Mari-mum marigolds and shasta daisy transplants in the landscape for bright blooms through October. Prune summer-blooming shrubs and vines as they finish flowering.

Prune autumn sage to encourage a fall bloom. Fertilize flowering plants. Use a foliar spray to give leaves a boost. Apply in the morning or evening to prevent burning. Clean up iris beds and thin out clumps if crowded (showing small, poor blooms). They can be transplanted and divided from now until October. .

**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.



The herb patch at the SA Botanical Garden. Check out the basils and fennel were in fine form in June. Just lush!

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

Here's to *camilla senesis*. July's meeting at Diane's home out by Silverhorn golf course was a lot of fun. Of course, she did all the work, so there you go. Actually, with a couple of helpers, she whipped up a dinner that included the use of several teas in the cooking liquids or sauces. Not something I would have thought of by myself right off, was using a jasmine tea as part of the liquid in a fresh fruit salad. What a wonderful surprise! There was a subtle floral richness imparted by the tea. Diane also used an oolong tea and a "shotgun" style green tea in the stir-fry vegetables and asparagus dishes. Needless to say, we all sat down to that dinner and ate with gusto!

Afterwards, we sampled the teas used in the cooking by themselves (checking out the fragrances and tastes) while Diane presented a little history of tea, some basic information on the correct methods of brewing, health benefits derived from different teas.

We're going to digress a little in August and try our hands (or minds, maybe?) in a more contemplative session, discussing aromatherapy and mental health in meditation.

submitted by Joe-Beth Kirkpatrick

Culinary SIG

The Culinary SIG met on July 20 at Chris's house for smoothies. Chris found and provided recipes for the three smoothies we sampled from her list, plus additional ones to try on our own. We had generous samples of Blueberry-Coconut Shake, Gingered Cantaloupe Smoothie, and Mango Lassi. We topped the night off with a smoothie provided by Jeanne, a Spiked Chocolate Banana Smoothie. WOW! I think I can safely say the consensus was that it was the favorite – but then, how can you lose with chocolate and, uh, that "spiking stuff". (I suggested it could use more spiking but then had second thoughts – it goes down so easily that maybe it would be dangerous to deviate from the recipe!)

Chris also provided us with a history of the word "smoothie" (which has references to people, lingerie, and car paint, as well as a healthy shake). After talking about other possible combinations and tweaks and general healthy living, we had a short discussion about tai chi, craniosacral massage (interesting!), jin shin shitsu, and chiquong. (We cover a lot of territory in our get-togethers.) Oh, and I almost forgot...Chris made us a delicious basil drink to start off the evening – and that's all I'm saying...

Our next meeting is scheduled for August 24 at 6:30 – it's our night out at a restaurant. The selection is Pasha, a middle-eastern restaurant on Wurzbach near I-10. There's also discussion of visiting Ali Baba's near next-door beforehand for anyone in the SIG that's able to arrive earlier. Till then...

submitted by Gayle Morris

Herbal Crafts SIG

The Herb Craft SIG met at the Whole Foods demonstration kitchen to learn how to make mozzarella balls. Adrienne Hacker was our instructor. She explained how to turn curds into tasty treats. We learned how to make curds from scratch but we didn't attempt to do it. We took curds and hot water, the right temperature is critical. Then we squeezed and squeezed and stretched the curds. Adrienne

had many different additives for the finished product. There

were several different salts. Salt is important to add flavor, otherwise the balls are very bland even with seasonings. We had olive oils, pestos, olives, and many assorted herbs. Everyone had a great time and could hardly wait to taste test. Afterwards we went to an Italian restaurant at the Gallery. You have to ask someone the name as I paid cash and I don't remember but it was excellent food and service and fun to boot.

In August we will be doing leaf sand casting to make bird baths.

Submitted by Sally Ann Hnaituk

Weed-n-Gloat at the SABotanical

The Weeders were out in force earlier this summer and found the herb patch in need of attention. Not to say they don't have just a great time doing that. I hear they did get to spread out some nice fresh compost & mulch that day! These folks usually meet the last Monday of each month. Contact Jane McDaniel if you want to join in.



Marilyn and Veronica after their turn at the weeds.



Sally Ann just figured to show off some of what got pulled out.

'10 - '11 SAHS Board Officers

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