



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 257, August 2011

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 11, 2011

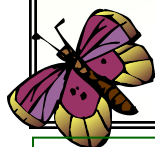
**Molly Keck, Integrated Pest Management Program Specialist
and Entomologist for Texas AgriLife Extension Service, Bexar County**



Your landscape is filled with bugs, but it is hard to know which ones to keep and which ones to squash. Join Molly for an informal program on the "15 Bugs Every Gardener Should Know", whether they are good or bad, and how to manage or encourage them. Live and dead specimens will be shown, so you can get a better idea of the actual insects. For those of you looking to control ants, did you know you can make a homemade bait with 8oz mint-apple jelly + 2 Tbs boric acid? Or with peanut butter, brown sugar and boric acid? Easy and effective. Come listen to Molly and enjoy her wealth of knowledge and her enthusiasm for ALL bugs.

Molly also presents educational seminars at the Extension offices on Cherry Ridge, so sign and learn more bug-gy stuff!
BRING ANY BUGS YOU WANT IDENTIFIED!!!!

Members' names N-S, please bring an appetizer (with its recipe!) a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely 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



October Herb Market & Susan Belsinger

NOW is not too early to mark your calendars for this year's Herb Market, October 15. Some of the features of the Market: Herb plants, books, and products for sale; Free programs and demonstrations; "Ask the Experts" booth; GVST and Master Gardeners Booths; Rain water harvesting and drip irrigation demos.

Not only is it a great day for all things herbal, SAHS gets to hear the Market's featured speaker a few days early at our general meeting (October 13). That just makes the entire week a great one! Ms. Belsinger has a national following from her extensive experience as a herbalist, writer and speaker. SAHS will arrange for special seating that evening—we know the house will be full!

Hearty Handshakes

to our own Lyn Belisle, Graphic Artist extraordinaire! Lyn created the fresh new logo art that now graces the SAHS newsletter and will soon be found on all our publications and handouts. Thanks so much!



Herbs and essential oils to the rescue

Heat and humidity getting to you? Some repeat 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 peppermint essential oil
12 drops lavender essential oil
Combine these ingredients with enough water to fill an 8-oz spray bottle. Use as needed.

Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

Sept: T-Z
Oct: A-F
Nov: G-M
Dec: All, Banquet
Jan: N-S

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GO TEXAN.

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

Member Recipes

Here are the recipes provided with some of the fine foods brought to the July general gathering.

Herb Marinated Mozzarella

submitted by jCarol Hamling

Ingredients:

- 1 lb whole milk mozzarella cut into bite-size cubes
- 6 TBS olive oil or enough to cover the cheese
- ¼ tsp red pepper flakes
- 1 TBS minced parsley
- 6 whole black peppercorns
- 2 tsp pink peppercorns, if available
- 1 tsp minced fresh basil
- 1 tsp minced fresh thyme
- 1 tsp minced fresh rosemary
- 1 tsp snipped chives
- 2 garlic cloves, minced
- 1 bay leaf



Directions:

In wide, shallow serving dish, arrange cheese cubes. Drizzle with olive oil and sprinkle with pepper flakes, parsley, peppercorns, basil, thyme, rosemary, chives, garlic and bay leaf. Let stand at room temperature for 2 hours. Offer toothpicks.

Sun Dried Tomato Basil Butter

submitted by Diane Lewis

Ingredients:

Place the following ingredients in a food processor fitted with a metal blade:

- 2 sticks (1 cup) unsalted organic butter, softened (unsalted butter is fresher and tastes better)
- 4 sun dried tomato halves or more to taste (use well drained oil packed variety or dry-packed, see below*)
- 3 to 6 large sweet basil leaves (let taste be your guide)
- 1 average size clove fresh garlic; peeled, crushed & rough chopped
- Salt, a pinch or two to taste

Directions:

Process the above ingredients until smooth, then taste, add more ingredients as needed, process again. Store refrigerated for up to 3 days or freeze for up to 3 months. Store in airtight containers or roll into logs in waxed paper, place in zip lock bags, remove air & freeze; when needed slice off butter "coins" from log. Serve on warm bread, in sandwiches, over cooked vegetables, grilled meats or seafood, dot on pizza/bake. *Soak dry-packed tomatoes in warm water until softened, about 15 minutes, drain well and pat dry. This butter was served at SAHS July meeting with "Three Seed Bread" from HEB.

Caponata

Submitted by Jeanne Hackett (from Vegan Italiano)

There are probably as many versions of this sweet and sour eggplant appetizer as there are cooks in southern Italy. This is a "baked" adaptation of a Sicilian recipe that calls for frying.

Ingredients

- 2 Tbs extra-virgin olive oil
- 1 large eggplant (about 1 1/4 lbs)
- salt
- 1 med chopped onion (about 6 oz)
- 1 large stalk celery, chopped
- 2 med ripe tomatoes (about 6 oz each) peeled, seeded, coarsely chopped
- 1/4 C water
- 2 Tbs red wine vinegar
- 1 Tbs tomato paste
- 1 Tbs sugar
- 1/4 C each, green and black olives, preferably Italian, pitted & coarsely chopped
- 1 Tbs drained capers

Freshly ground black pepper, to taste

1 to 2 Tbs chopped fresh basil (opt)

Directions:

Preheat oven to 375°F. Brush a large baking sheet with 1/2 Tbs of the oil and set aside. Cut the eggplant into 1/2-in cubes. Place these in a colander, sprinkle with salt and drain for 30 minutes. Rinse thoroughly under cold running water and pat dry. Arrange eggplant on the baking sheet, quickly brush with 1/2 Tbs of the remaining oil. Bake for 20 minutes, turning and stirring once.

Meanwhile, heat the remaining 1 Tbs of oil in a large non-stick skillet over medium heat. Add the onion and celery and cook until softened (about 5 minutes). Stir in the tomatoes, reduce heat to medium-low and cook, uncovered, stirring occasionally, until the tomatoes are reduced to a pulpy consistency (about 25 min.).

Add the vinegar, water, tomato paste and sugar; blend well. Stir in the baked eggplant, olives and capers; season with pepper. Cook for 5 to 10 minutes, stirring occasionally, until heated through and flavors are well blended. Serve warm or at room temp, garnished with the basil as desired.

Can be refrigerated up to three days. Bring to room temp before serving.

Caponata Basil Tart

Submitted by Jeanne Hackett (from Vegan Italiano)

Ingredients:

- 1/2 pkg (about 17 oz) frozen puff pastry sheets (1 sheet), thawed
- All-purpose flour for dusting
- 1 jar (7.5 oz) caponata
- 2 cloves garlic, finely chopped
- 1/4 C fresh basil, finely chopped
- 4 med plum tomatoes (about 2 oz each), cut in 1/2-in thick slices
- coarse salt
- freshly ground black pepper
- 1 1/2 Tbs extra-virgin olive oil

Directions:

Preheat oven to 425°F.

Unfold pastry on a lightly floured surface. Roll into a 12-inch square. cut off corners to make a circle. Press pastry into an ungreased 9-in pie plate. Prick pastry thoroughly with fork. Bake on center rack 10 minutes. Remove from the oven and spread the caponata evenly along the bottom. Sprinkle with the garlic and half of the basil. Working from the outer edge, arrange the tomatoes over the caponata in concentric circles. Season with salt and pepper and drizzle with the oil. Return to the oven and bake 10 minutes, or until tart is golden. Let cool a few minutes before serving warm, sprinkled with the remaining basil.

Watergate Salad

submitted by anonymous

Ingredients:

- 1 can (20oz) crushed pineapple (do not drain)
- 1 pkg (3.4 oz) Jell-O Pistachio Flavor Instant Pudding
- 1 1/2 C Cool Whip(tm) topping, thawed
- 1 C miniature marshmallows
- 1/2 C chopped pecans

Directions:

Combine all ingredients and refrigerate 1 hour.

Chocolate Pretzel Treat

Submitted by anonymous (excerpt from the newspaper's "Dear Heloise" column)

Ingredients & Directions:

Preheat oven to 350°F.

Take caramel-filled chocolate candy and place it on a square pretzel. Put a pecan half on top of the candy. Put these in the oven for about 4 minutes and remove. Immediately push the pecan down into the chocolate. Refrigerate to harden.

Over the Fence... 2011 Program Line-up



September: Mary Dunford of Nature's Herb Farm and SAHS founding member on "Fall Gardening".

October: Susan Belsinger, herbalist, writer and lecturer; last minute plans before the annual Herb Market on the 15th

October 15: The Annual Herb Market "Celebrating Twenty Years of Herbs", Pearl complex, 9a to 5p; Visit www.sanantonioherbmarket.org or call (210) 688-9421 for more info. Diane Lewis chairs the SAHS booth. Volunteers needed for both the SAHS AND the Market sales booths.

November: Mike Behrend of Green Vegetarian Cuisine and Coffee, a vegetarian and kosher restaurant

December: Member Winter Banquet; coordinator needed

2012 Tentatives: Rose Herbal (by SAHS members); Bill Varney of Urban Herbal; Cindy Meredith of the Herb Cottage in Hallettsville

Have ideas for programs?

Contact Marilyn Nyhus or Marguerite Hartill program chairs with your suggestions.

Next Board Meeting

August 29, 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

The new SAHS bags are sized up with longer handles and are terrific for a blanket and extra bottle of water for those summer outdoor concert sessions and are equally at home in your grocery cart.

SA Botanical Garden Events - Movie Nights!

Late summer event include Starlight movie nights, three Fridays; starts August 26. Selections: Some Like it Hot, To Catch a Thief and Sabrina - all great classics! Info: 210.212.9373

NEW!!! Aromatherapy SIG

Jean Dukes is creating a new Aromatherapy SIG. Contact her if interested (see page 8). Organizational meeting later this summer.

NEW!!! Community Information SIG

Given the new calls for SAHS to participate in several informational and/or "green" theme events, the Board is looking to form a SIG whose members will be available to handle this sort of volunteer work. Go read the SAHS Mission Statement at the top of page one, then contact Yvonne or any Board member for information.

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Sites

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

Lavender Essential Oil Demonstration in August

Date to be announced by the market association at Pearl. Imagine Lavender will team up with MJ Lavender to demonstrate the art and science of distilling essential oil and educate us all in the process. Keep an eye on the Pearl Farmer Market web page for schedule.

Fall Herbal Gardening and Cooking Classes by

Diane Lewis

"Attracting Butterflies to Your Garden"

Sunday, Sept 18, 10 a.m. - 11 a.m.

Join herbalist and horticulturist Diane Lewis for a seminar on butterfly gardening in South Texas and take a tour of the butterfly friendly plants at the San Antonio Botanical Gardens. South Texas hosts more butterfly species than any other region in the United States; learn how to attract a greater variety of butterflies to your garden. We will focus on both larval and nectar plants; especially those that look great and perform well in our arid climate. These plants include native plants, non-native well adapted plants, and herbs and edible flowers to share with these beautiful and graceful creatures. If you miss this "free" program, you can attend an expanded 2 hour class on October 29th, see NEISD class listings for contact information.

GVST's Fall "Essentials" Programs

Class are free and open to the public. A \$5 donation is requested to offset costs. Refreshments are available and brown bag lunches are welcome. There's a swap and sell table available for plants, gardening books and magazines and other plant related items. Door prizes are presented at each session. Have your hand-pruning tools sharpened during class by "Dr. Fix-It" -- just a \$2 donation and all proceeds go to GVST. All meetings held 3rd Mondays at the San Antonio Garden Center, 3310 N. New Braunfels, 12 noon to 3 pm. Class updates can be found at the GVST website Gardening-Volunteers.org

Monday, August 15

Session 1: Fall Gardening Tips, including Dividing Perennials, with Tom Harris and Ron Csehil

Session 2: Texas Invasive Plants with Travis Gallo, invasive plant specialist at Lady Bird Johnson Wildlife Center in Austin.

Monday, September 19

Session 1: Orchids for Texas with Todd & Susanna Miller of Miller's Tropicals in Dripping Springs.

Session 2: Texas Wildscapes That Save Water with Judit Green, Texas Parks & Wildlife

Monday, October 17

Session 1: Landscaping with Cactus & Succulents with Jeff Pavlat, Austin Cactus & Succulent Society

Session 2: 12 Months of Xeriscape Color with Dr. Calvin Finch

Native Plant Society

from John Nikolatos

Inviting SAHS members to visit 4th Tuesdays at Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by program at 7:00 pm. Free and open to the public. www.npsot.org/sanantonio

Members out Traveling:

Helga Anderson to Turkey in June traveling and learning.

Marguerite Hartill to Cape Cod where she & husband Rich, children and grandchildren enjoyed a vacation week.

Jane McDaniel to Ireland (Achill island) where she & husband Robert were working on a home they purchased as a retirement spot. It has a garden filled with "allium lilies"!



Minutes from July 14, 2011 General Meeting

Meeting called to order by President Yvonne BACA at 7:03 PM. 42 people in attendance.

Stated agenda was followed acknowledging new members and visitors and thanking the hospitality greeters and food providers. Also reminding attendees of the Share Table, the Members Tables, the

SAHS Table, and reminding all that any articles for the Newsletter must be submitted no later than 22 July 11.

June meeting minutes from Newsletter were approved.

President reviewed future meetings: August-Molly Keck talking about garden bugs, September-Mary Dunford talking of Fall Gardening, and October-Susan Belsinger (there will be a \$5 donation per person for admittance with 150 person capacity). Jeanne Hackett reported on the Rackspace GreenDay event. Joe-Beth Kirkpatrick reported on the Girls in the Garden event. Gayle Morris reported on a new Community Education "Green" SIG. Yvonne Baca reported on the Garden Tour Fundraiser (contact Eileen Achorn) and the new Aromatherapy SIG (contact Jean Dukes).

Members were reminded that new nametags will be ordered this month. Also reminded about the Botanical Gardens plant sale on 23 July and the Annual Herb Market at the Pearl Market the weekend of 15 October.

Program VP Marilyn Nyhus introduced the Show and Tell program and went to each attendee asking if they had anything to show and/or tell. 17 members were ready. During the next hour members shared quite a variety of things (see program report that follows).

Submitted by Mike Belisle

July Program—

Annual Show-n-Tell and Share Session

Here's an overview of the program with a few notes about each one. Next time, we hope to see YOU there, too!

- a new herb discovered at Round Top and brought home by Diane Lewis. (See the Tea Hyssop article elsewhere in this issue.)

- Garden tools

Marilyn Nyhus brought her favorite garden tool in a repeat performance. This little gadget is a blend of trowel, knife, digger and, well, you get the idea. She'll get you the vendor's name so you can get one of your own.

-Crafting and cooking classes

Jeanne Hackett showed off some rather fancy garden markers made from flattened silver-plate spoons. Diane Lewis is gearing up to teach new classes thru the NEISD community ed system. (See info elsewhere in this issue.)

-Making smoothies for health

Gayle Morris ran across some information on making fresh "green" smoothies. These drinks (or meals, depending...), when made with absolutely fresh ingredients can actually help a person stabilize and possibly bring to rights an imbalanced blood sugar issue.

-Jalapeno strawberry jelly

Sandra Lyssy shared a couple of recipes (she had samples!) of strawberry/jalapeno jellies. Oh, they were really GOOD.

-Soaking eggplant to reduce bitterness

Jeanne Hackett found information that helps us reduce the amount of salt it takes to bring the bitterness out of fresh eggplant. Submerge & soak for 10 minutes in cold water until the water turns brown, drain and rinse.

-Soup recipes

Jeanne Hackett passed out copies of a summer soup made with peaches and cantaloupe.

-Using parchment paper for cooking mushrooms and herbs
Barbara Quirk shared a recipe from one of Rick Bayless' books.

-Scent shards and essential oils
Lyn Belisle has returned to working in clay as an art medium. She's been making unglazed bas-relief "shards" and applying essential oils. A very fragrant and lovely work of art for your home or office.

-Yard art hub caps

Joe-Beth has been playing with the "road-kill" hubcaps found during walks with the dog. Cleaned up and given some light-hearted paint, these became "herb caps" and are spending a little bit of time now as yard art. Nothing serious, you understand...

-Book on Civil War herbal remedies and medicines

David Dawson brought a copy of Jim Long's book Herbal Medicine of the Civil War and talked a bit about the wealth of information he'd found in it.

-Comprehensive herb book

Sarah, one of this evening's visitors brought her copy of The Complete Book of Herbs and claimed it to be her absolute reference for all things herbal.

-Chicken rubs and Penzey's spices



Carol Hamling always has a way with both her words and her cooking. This year, she made up sample packets of her Kick-A** Chicken Rub and saw that everyone got some. She says Penzey's (out of Houston) is a great place to get fresh and unusual herbs and spices.



-Growing sweet potatoes & fertilizers

Madeline Sprague brought in an example of how to NOT fertilize your vegetable garden. She put a prescribed amount in with her sweet potato patch and got -> VINES! She says to be careful with that.

-Novocain (Toothache) plant

Beverly Tibbs talked about this novelty plant. She's making a skin salve from it - helps deaden skin pain for a couple hours.

-Offer to share various mints

Ashira (one of our visitors this evening) has lots of mint growing in the yard and offered it to anyone who'd come dig it up.

-Using gourd medallions as jewelry, a Vietnamese market and good lemongrass



Peggy Mahon has some earrings made from gourd birdhouse trimmings (made from Fran Rich); she knows of a good Vietnamese grocery on Walzem where one can get huge amounts of FRESH cut herbs and fruit - she brought a bundle of lemongrass. David Dawson said to soak that lemongrass in seaweed tea and then set it in soil to root

-Rooting new plants in a "Mother Pot" and gardens in Alaska Jackie Compere puts tiny plants and cuttings in a larger, existing potted plant. Says it helps prevent the cycle of dry/swamp that can happen with the small seed-type pots. She passed around brochures from a couple of gardens she & Mark saw on a recent vacation trip to Alaska and the Northwest states.

NOTE: Jackie's missing those brochures. If you inadvertently took them home, please see she gets them back right away. Those are her personal memories.

Submitted by Joe-Beth Kirkpatrick



Some of our members and visitor wasted no time getting settled in for our program this evening.



And a few others spent a few extra minutes catching up.



Mike's corn muffins demonstrated that yes, bacon can be considered an herb for a short time - at least until all the muffins are eaten!



Bacon, Onion, Corn & Cheddar Corn Muffins



Rainbow Carrots and steamed Asparagus with buttermilk ranch dip

We have such great cooks! These rainbow carrots were simply presented and VERY tasty.



These tomatoes were some of the best appetizers there...

Recipes

Continued from page 2

Asian Shredded Chicken Coleslaw

Submitted by Gayle Morris (from www.food.com)

Ingredients

- 1/4 C soy sauce
- 2 Tbs white wine vinegar
- 2 Tbs chopped peeled fresh ginger
- 2 Tbs oriental sesame oil
- 1 Tbs sugar
- 1/2 tsp dry crushed red pepper
- 4 boneless, skinless chicken breasts, cooked & shredded
- 1 1/2 lbs green cabbage
- 4 stalks celery, thinly sliced
- 1 medium red onion, very thinly sliced
- 1 C chopped cilantro

cashews to taste

Directions:

In a large bowl, combine the first 6 ingredients. Add the chicken and let stand 5 minutes. Add cabbage, celery, onion and cilantro. Season. Chill at least 1 hour. Toss and serve.

Summer Splendor Smoothie

submitted by Gayle Morris (from www.rawfamily.com/recipes)

4 leaves chard, stems removed

3 stalks celery

1 head fresh parsley

6 apricots

3 peaches

1/2 vanilla bean

July Program-A follow-up thought:

Here's Marilyn Nyhus' take-away from this show-n-tell session, what she found to be the most interesting "share" items: *Lyn Belisle, the clay molds (faces) were really beautiful, such talent!*

Beverly--the Novocain Plant (aka toothache plant) (I did not know there was such a plant);

Jackie C.--to stick a small plant in with a "mother" plant, makes such good sense;

Jeanne H--soaking the eggplant in water for 10 minutes instead of salting to pull out the bitterness;

David--Jim Long's Civil War herbs, I would like that little book;

Gayle Morris--the green smoothie for health;

Those are the things that I did not know and found very interesting.

If everyone came away with at least a couple of tidbits of information they didn't have before, then we have all done what we joined the Herb Society to do: learn something new and promote herbs in our everyday lives. SUCCESS!

Submitted by Joe-Beth Kirkpatrick

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 gets thrown away.

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

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



In Our Herb Garden:

In Our Herb Garden: Seed frost tolerant herb perennials indoors for later transplanting. * Start indoor cuttings of perennial herb to promote fall plantings. * Use mornings to prepare garden soil for fall herb garden by adding and spading in manure, peat moss, compost, coarse sand, or a combination of these (Gardenville and Fertile Gardens provide several mixes). * Preserve your herbs by drying them in the air, refrigerator, or microwave, freeze in ice cube trays or as an oil paste; make herb flavored vinegars, jellies, butters, oils, honeys, pickles, relishes or mustards. - HERBS: A Resource Guide for San Antonio

1st Week:

Use the intense heat and sunny days to solarize the veg. garden by applying clear (black plastic will only heat the top couple of inches of soil) plastic over tilled soil. If part of your garden is infested with NEMATODES, forgo a fall crop of vegetables in favor of African or American marigolds. The marigolds are beautiful; they will make for a great fall showing, and will help to reduce population of root-damaging pests. Buy them as sturdy transplants without blooms. Plant the flowers every 8 to 12 inches. July/August is an ideal time to seed buffalo grass and Bermuda when water is available. Perennial plants should be cut back during the stress of the hot days. Allowing leggy, old growth to remain is doing a disservice to them, as this old growth uses up moisture. If the plant is showing new growth at its base, the plant should be cut back to that point. Mints, as an example, should be cut back to only several inches in height. The plants (all) should be mulched 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. Use special fabric products designed for the garden.

2nd Week:

Keep an eye out for the Perseid Meteor Shower. August 13. Meteors will appear to "rain" into the atmosphere from the constellation Perseus, which rises in the northeast around 11 p.m. in mid-August.

3rd Week:

Garden in the morning or in the evening when it is cool. Drink plenty of fluids and wear a hat. Gardening should be fun and not a threat to your health. Consider replacing areas of your lawn with low-water use plantings. – DP

4th Week:

Cut back mallow hibiscus plants to 8 inches to encourage a second bloom this fall. Tomatoes planted in the past few weeks may not have grown much with excessive heat. Mulch the plants and keep them watered so the roots will be established and plants can grow when temperatures fall in September. With rains and cooler weather, the fall vegetable should be starting shortly. Pecan trees may drop pecans in response to the heat and extended dry weather. Water trees deeply out at drip line, once a month. Clean up iris beds and thin out clumps if crowded (showing small, poor blooms). They can be transplanted and divided from now until October.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

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

Culinary SIG

What sweet decadence our Culinary SIG indulged in for our July get-together, and what a perfect setting we had in which to do it. Sitting on a long covered porch overlooking Bev's lush and whimsical garden, with the sun setting over the Hill Country and the air cooled by a much welcomed rain shower, we feasted on a huge variety of homemade ice creams, sorbets and sherbets. Who needed dinner when we had everything from not-so-plain vanilla, to strawberry and rose geranium ice cream? Or how about lemon, basil and ginger sorbet, followed by a scoop of lemon and basil ice cream? Fresh fruit made for delicious ice cream and sherbets, like peach and blueberry and pineapple. The latter's surprise ingredient was buttermilk, and was hand-cranked (thanks, Norm!) while we waited. And of course, there was chocolate, in sorbet form. For an out of the ordinary change of pace, we raved over a chai ice cream and a sweet potato ice cream with a whiskey and pecan sauce. To cleanse our palates after all this lusciousness, everyone of course had a scope of cool fresh mint ice cream.

It was a lovely evening in magical surroundings, sipping herb tea or fruited white sangria, eating what must have been the most delicious frozen treats in the world, with our amazing Culinary SIG friends. It was also a chance to bid a temporary adios to Alma, who will spend the next year touring the U.S. National Parks, and to give a big howdy to our newest member, Linda. Next month, it is no kitchens in August for us. We are letting a restaurant do the cooking for us!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

HLWH SIG met 7/27 at Marguerite's (after print date, so full report next month) where there was interesting discussion on herbs in myth & legend followed by plant swap (some DID survive the sudden freeze and subsequent drought!).

Looking forward to the promise of a friends, a good session and swap time.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

This month our SIG worked magic with pressed herbs and other plants. We created pressed herb cards. Karen Blessings was gracious enough to open her home to us and Sandra Lyssy led the demonstration. We first discussed techniques on how to press your plants. Tip one – Pick your plants in the evening when they are not heavy with dew. Tip two – You can use old phone books to press your plants, the pages are good for absorbing moisture. We then went over various methods on how to attach the plants to the cards. We used plain old Elmer's glue, the sixties stand by -- Mod Podge; pressed flowers with specialized paper glues, spray adhesives and laminating. I had tried out various techniques prior to our session so each person could see what the end results would be like and choose what would work best for them. Then we just let everyone's creative juices flow. We had plenty of pressed material to work with from my gardens including some of my more lovely weeds!



After exhausting ourselves from plastering glue and spraying adhesive, we dug into the yummy food everyone brought to share. All and all I think we had a great time!!! Our next adventure will be Gel printing presented by Rebecca Kary. Sandra Lyssy: 210-659-5561, slyssy123@yahoo.com; Rebecca Kary: karyrebecca@yahoo.com

Submitted by Sandra Lyssy

Weed-n-Gloat SIG

it's almost the end of the month again and I think we could use a break from Weed and Gloat. Adrienne is going to check on it tomorrow morning, nothing is growing in my garden here at home. Let's meet for Weed and Gloat NEXT month, on Monday, August 29th, when it will have hopefully cooled down a smidgen.

Marilyn has gracefully organized an 11 am meeting of these minds at MadHatters Tea House in the King William District for Tuesday, July 26 - I'm not sure if Sally Ann, who is presently SOMEwhere in Texas, will be present but am seriously planning on being there on Tuesday next. Maybe I'll see some of you there?

Submitted by Jane McDaniel

SAHS Membership

No report this month.

Tea Hyssop (Micromeria fruticosa)

I always look for plants that are "new to me" at the plant sale at Herbal Forum at Round Top, TX. The 17th Annual Herbal Forum is March 16 - 17, 2012, the theme will be "Roses are Herbs Too" celebrating the Herb of the Year 2012. For information & registration for this two day event with workshops and seminars www.festivalhill.org or (979) 249-3129. Call me, Diane Lewis (210) 394-5885 for info about our SAHS members attending, our appetizer pot luck on Sat evening, or for a copy of my "what to bring" list.



This year I discovered tea hyssop at the plant sale; botanical name *Micromeria fruticosa* a.k.a. white savory, Turkish pennyroyal, wild hyssop, Mediterranean rock mint, zuta levana (Hebrew), zofa or ashab a-shai (Arabic), ajedrea blanca (Español) and other names; a dwarf evergreen shrub in the mint family (Lamiaceae) native to rocky areas along the coast of Mediterranean Sea. It is a popular herb in Israel and the Middle East, used as a refreshing minty tea and as a cooking spice; including as an ingredient in Za'tar spice blend and in bread dipping oil. Historically it has been used to clear nasal congestion, sooth the stomach, relax the mind, and as a facial tonic for skin problems. Some research has shown promise for use in reducing blood pressure. It is antiseptic and has insect repelling qualities similar to pennyroyal, *Mentha pulegium*, but like pennyroyal, it contains pulegone and should not be taken medicinally by pregnant women or women trying to conceive. It grows as a tender perennial in sun or part shade; protect from hot afternoon summer sun. It is well suited to containers and likes well drained soil and low to moderate water once established. It can tolerate limestone, sandy and sea-side conditions, and well-drained richer loamy soils. The grey green thin vertical stems with small to medium oval leaves create an airy shrub from 40 – 70 cm. with white to pale pink flowers in late summer to fall. It is also available from Caldwell Nursery and Botanic Gardens (25 min from Houston, no mail order) www.caldwellhort.com, or (281) 342-4016.

Recipe: for a delicious bread dip: Mix 3 teaspoons chopped tea hyssop leaves with 5 Tablespoons extra virgin olive oil, add salt and freshly ground black pepper to taste. Optional: add minced fresh garlic to taste. Stir well and dip sour dough bread or English muffins in mixture instead of butter. Enjoy!

Submitted by Diane Lewis

Treasurer's Report, June 2011

Submitted by Kathryn Seipp

INCOME	
Membership	20.00
Cookbook sales	100.00
Resource Guide sales	100.00
Booklets	75.00
Bundle Book Sales	236.00
Miscellaneous Sales	<u>12.00</u>
TOTAL INCOME	544.00
EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Dues	50.00
Booth fee	400.00
Equipment rent	50.00
Printing & Engraving	7.98
Postage & Delivery	286.00
Rent Expense	185.00
Website fee	30.00
Supplies	<u>148.18</u>
Total Expenses	<u>1252.16</u>
Total (Income-Expenses)	-708.16
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,194.95
Frost Checking	4,337.96
Frost Savings	2,387.38
TOTAL Cash and Bank Accounts	<u>7,920.29</u>
TOTAL ASSETS	7,920.29
LIABILITIES	<u>0.00</u>
OVERALL TOTAL	7,920.29

'10 - '11 SAHS Board Officers & Members

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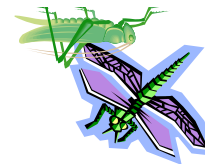
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