



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 221, AUGUST 2008

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



The San Antonio Herb Society is organized to bring together those who are interested in using and growing herbs and to promote general knowledge of herbs to the membership and the public at large.

Program Thursday, August 14, 2008

David Rodriguez on Fall Gardening

See Page 3 for program description.

The program begins at 7:00 p.m. (with appetizers ready beginning at 6:30) concluding at 8:59p.m. All at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. This meeting is free and open to the public. For more information, visit our website at www.sanantonioherbs.org

A note from Lorraine Jennings, SAHS Life Member

To the members of SAHS:

Over the past years I have many wonderful memories resulting from my membership in SAHS: Friends, herb knowledge, recipes, the Gourmet SIG, Lotions and Potions SIG, helping with publicity and programs, the Herb Market -- my list goes on and on. Due to health reasons Lyle and I are moving to Tyler to be near our daughter Hillys, who is a nurse at the local hospital.

After I retired from public relations, I was at a loss in the routine world, and when I made the decision to join the Herb Society it was the best choice I could have made. My days became filled with new learning and adventures. Thank you all for the honors you have bestowed upon me, and the honorary membership which was presented to me. I believe this entitles me to receive your future newsletters, and visit whenever possible. I will keep in touch by e-mail, and if I learn of some special herb news in East Texas I will pass it on to you.

*Fond memories to you all!!!
Lorraine Jennings*

Refreshments & Recipes!

Members with last names beginning **E-K** are asked to bring refreshments to this month's meeting. Please arrive by 6:23 pm so all can enjoy your dish. Don't forget to bring the recipes or E-mail your recipe to: karyrebecca@yahoo.com and we'll likely publish it in the next newsletter.

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Member Recipes

Crab Jalepeño Poppers

- ¾ cup cream cheese
- ¾ cup crab meat
- 1 bunch green onions, tops only, hopped
- ½ bunch cilantro, chopped
- Julio's Seasoning Mix
- 1 dozen large jalapeños, tops cut off, insides cleaned out



Mix first six ingredients together and stuff inside the cleaned jalapeños. These may be grilled or baked until jalapeños are softened but not mushy.

submitted by Mike Belisle

Green Goddess Dipping Sauce

- Serve with fresh, al dente or grilled vegetables
- 1 8-oz carton dairy sour cream, regular or reduced-fat
 - 1/2 cup plain yogurt, regular, low fat or nonfat
 - 1/3 cup fresh tarragon or Mexican mint marigold leaves
 - 2 cloves garlic, halved or 1/2 green onion, coarsely chopped
 - 1/2 tsp. salt, or to taste
 - 1/4 cup snipped fresh chives
 - Tbsp. lime juice, or to taste
- Chives and cracked black pepper (optional), garnish



In a blender or food processor combine sour cream, yogurt, tarragon or Mexican mint marigold, garlic or onion, and salt. Cover and blend or process until smooth. Transfer to a small bowl. Stir in remaining sour cream, chives and lime juice. If desired, top with additional chives and black pepper.

Makes about 1 1/2 cup (12, 2-tablespoon servings).

Source: Adapted from Better Homes and Gardens

Submitted by Diana Fox

Ocopa Salsa (Peruvian specialty)

- ¼ cup peanuts, roasted
- 3 tablespoons oil
- 5 New Mexico peppers, roasted and allowed to cool
- 5 cloves garlic, roasted and allowed to cool
- 3 tablespoons huacatay (Peruvian black mint, or *Tagetes minuta*) powder
- ½ cup cottage cheese
- 4 saltine crackers
- 1/4 to 1/3 cup milk
- Salt to taste

(con't)

Blend all ingredients in a food processor.

Serving suggestions:

- With soft lettuce leaves
- Over hot boiled potatoes, peeled; top with the sauce (very nice!)
- With hard-cooked eggs, peeled and halved
- With black olives

Submitted by Rosa Luna



Flea Remedies

When we asked folks for their best herbal flea remedies, we got a wide variety of replies. Here are a few:

Jean Dukes: Uses Young Living Essential Oils "Purification" and "V6" blends for several days followed by "Animal Scents" pet shampoo along with regular washing of pet bedding.

Veronica Gard: One of the side benefits of the raw food diet given to her pets, is they seem to be relatively flea free!

Joe-Beth: Takes her retriever-mix dog to swim every week plus the pet is sprayed with a coat detangler to which pennyroyal & neem EOs have been added. Given the drying all that swimming does, she'll occasionally add a bit of aloe blended in carrier oil (apricot or jojoba) to the après-swim routine.

From a friend: Apply nematodes 2 times each year, carefully following the directions. They're effective against fleas and ticks as well as ants, roaches, grubs, etc. in the yard.

From a collection of books, pamphlets, and other anecdotes:

- Dilute 1 tsp Eucalyptus EO in 2 C warm water and dab or spray on people, pets, plants.
- Brew 1 tsp dried or fresh crushed cayenne in 2 C water for 5 minutes. Strain and use as a spray for plants.
- A bay leaf in flour, meal, rice or pet food bins will repel bugs. (*ed. note: this really DOES work!*)
- Sachets made of lavender or wormwood (artemesia) are effective pest repellants in the linen closet.

Coming in September:

Chef Christopher Stonesifer of Timmeron Catering in Wimberley will talk to us about herbal bread making. Chef Christopher is a classically trained chef who, in addition to his catering business, offers cooking classes for small to large groups. We met Chef Christopher at the Blanco Lavender Festival. Who says you can't have fun planning more fun for your friends?!

Coming in October

Planning underway: To be announced.

Coming in November:

The focus is on **us** and our 25th Anniversary. The various Special Interest Groups will present in a roundtable forum.

Space Available for Business Member Profile

Please submit your suggestions or essay (max 200 words) to the Newsletter editor.

Hearty Handshakes to....

Eileen Achorn & EVERYONE who helped get the word out about last month's meeting cancellation.

They called, emailed and, in at least one case, went in person to keep our membership informed.



Wahnt'a:
Noozletir Editer

SAHS newsletter needs an Editor. We hope one of YOU will step up to the plate and take on this project for the long haul.

Past editors and contributors have layout notes, accumulated templates and checklists that will make the overall job a bit easier than starting out cold.

Could you be the one? Or maybe two of you could share the responsibility and joy. This would be a great opportunity to put your creativity into practice. And we have so much fun on the board! Please call Eileen Achorn to volunteer.



David Rodriguez on tap for SAHS August General Meeting

Each August I look forward to fall. In addition to hope of cooler weather, it is the perfect time to begin planning that fall garden. David Rodriguez of the Texas AgriLife Extension Service of the Texas A&M University System will join us to present a program on "Fall Vegetable Garden Dos and Don'ts". David will take us through the appropriate vegetables and herbs to plant, best ways to keep the plants watered, and ideas to get children involved in backyard growing and harvesting. Whether you have a small area in your yard to devote to a few plants, a large garden, or prefer the container method, you will walk away with ideas, information and inspiration to get out there and plant.



For those of you who do not know David, he is the Bexar County Horticultural Extension Agent as well as the Program Coordinator of over 400 trained and recertified volunteers of the Bexar County Master Gardener Program. You can listen to David each Saturday on the WOAI Home and Garden radio show from 8:00am - 11:00 am. He also writes a monthly Sunday gardening article in Spanish, in "La Prensa", San Antonio's oldest and only bilingual newspaper. In addition to these, David is a frequent contributor to www.plantanswers.com the largest horticultural website in the world. You will not want to miss our August meeting with this most distinguished speaker.

See you there!

Evelyn Penrod

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.

Over the Fence...



From the President's Podium

"The best laid plans..."
"With good intentions..."
"If only..."

All wonderful beginnings to statements that can only end badly. Our July Members' "Share, Swap, & Show Us What You Got" meeting, although *well-planned* with *good intentions* would have been a success *if only* the Garden Center hadn't had a sudden flea infestation! For one *fleeting* moment (sorry, couldn't censor the punster), I considered trying to jump our *swarm* (sorry, again) elsewhere but finally realized the near impossibility of that venture. To all of you inconvenienced by the cancellation, I apologize. Perhaps those tidbits you had hoped to share with us will make it onto our monthly share table. However, if they aren't appropriate for that venue, be assured that the Board is working on an alternate month for our "share" meeting.

Happy herbing,
Eileen Achorn

Our Silver Anniversary Banquet!

Plans are already underway to celebrate 25 years of us! We had hoped to share some of the plans with you in July but will here instead.

Once again we are asking for members to volunteer to decorate tables – but this time, with a twist. We will give you 3 silver items that **MUST** be used on your table – silver fabric, a small mirror, and a silver pillar candle. Beyond that you can add whatever you wish – as long as it reflects our silver anniversary theme. Table decorations will be judged and we will have prizes for the top three winners. Each month from now to December we will have a table decorated with possibilities.

Start thinking silver or 25 and sign up with Evelyn today to decorate your table. I predict they will go fast!

Herb Note Cards Available Again.

Eileen's been doing a little sleuthing lately. Remember those single-fold note cards SAHS had for sale a few years ago? They are now (again) available for sale for \$5 per bundle of 5 cards.

SA Botanical Garden site of classes!

Diane Lewis took one of her college classes out, too. Along with the great learning experience for her students, she also sold several cookbooks! Who said having a little side agenda was not good?

SAHS Craft SIG trips out (to The Arrangement, that is)!

Rebecca Kary reports that the Herbal Crafts SIG tripped out to the Arrangement for a meeting. They were treated to a presentation on making fairy gardens and a field trip to the Arrangement (nursery) on July 19.



Resource Guide

See Lyn Belisle for an update.

Order forms are available to reserve your copy. Ordering & paying for your copy NOW assures the funds are there to complete this Publication effort as scheduled for late September 2008.



NEW SIG forming!

That's right, folks. There's a NEW SIG in Town – a Newcomer's SIG, that is. Eileen has proposed beginning a new SIG specifically for new members. She will host the first meeting at her house on September 13th beginning at 10 a.m. This will be a planning meeting to determine later meeting dates and times, programs, etc. If you are a new member (within the last 5 months) then this is for you!

Please let Eileen know that you will attend. Email her at eileen.achorn@utsa.edu or leave her a message at her office 210-458-5718. (location: off of New Guilbeau just inside Loop 1604.)

The Herb Garden at the San Antonio Botanical Gardens

To Evelyn, Lenore, Robin, Sally Ann, Diane, Veronica, Diana, Rosemary, Darla and Marguerite, what a delight it was, yesterday, to check on "our" herb garden and to see how well it is doing! I wish I could grow herbs like that in my yard... Everything is at least a foot and a half in height - except those lavenders which were planted either in the shade or are now behind or beside another herb which had spread. Those I intend to replant in sunny, dry areas of the herb bed. Fresh mulch has been put down, protection from this summer's extreme heat. A few weeds had escaped the mulch's grip - those were quickly pulled.

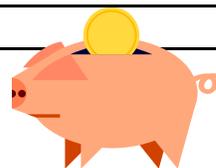
The profusion of fresh, green leaves on the parsley, chives, thymes, basils, lavenders, salad burnet and sages make me want to cook up a big pot of fragrant vegetable soup or mix up a huge bowl of salad. It's looking good, our Herb Garden, thanks to the recent rains, good planting and dedicated work on the part of our SAHS Herb Garden team. *Thank you all!*



So - it's not going to be really necessary to do any weeding this month. Go by and visit, and feast your eyes on the fruits of our good work. And check out the adjoining beds in the Cottage Garden; the gardeners there have decided to add basils and rue. As one gardener remarked, "they're doing so well in the Herb Garden, we had to do it." *Yes!!!!*
Jane McDaniel
[submitted July 9th, 2008]

Treasurer's Report for June 2008 Submitted by Don Crites

Opening Balance June 2008	\$6304.44
Income	
Membership Dues	
New Members	\$0.00
Renewals	\$48.00
T-Shirts, Aprons, Totes	\$0.00
Book Sales	
Cookbooks	\$918.40
Resource Guides	\$396.00
Booklets	\$0.00
Miscellaneous	\$0.54
Total Income	\$1,263.94
Expenses	
Newsletter (May)	\$0.00
Historian	\$0.00
Garden Center Fee	(\$85.00)
Attendant Fee	(\$25.00)
SA Botanical Society	(\$178.00)
Nametags	(\$40.55)
Programs	
Speaker Honorarium	\$0.00
Plants	
Special Events Fees	(\$551.80)
Miscellaneous	(\$49.89)
Total Expenses	(\$752.24)
Ending Balance June 2008	\$6,816.14
Other Bank	
Certificate of Deposit	\$1,058.80
Savings Account	\$2,240.03
Transfers	
Total Assets	\$8,899.03



Carpooling to meetings?

There are some members who are no longer able to drive at night but do not want to give up the chance to come to our meetings once a month. Also, with the rising gas prices there may be others who would like to carpool. If you are a driver and would like to offer a seat to other members in your area, OR you are interested in riding with another member contact Evelyn Penrod at epenrod@gvvc.com or 830-438-2290. We will need your name and contact information as well as the closest major intersection and we will try to get you drivers and passengers together.

Brian's July TO-DO List for the Garden

Please note, most of the information shared here was obtained from research-based sources (see contributors' acknowledgments in this column), and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt". (compiled by MG Brian D. Townsend—briandt@juno.com)



Effort is only troublesome when you are bored. – Christopher Lloyd

1st WEEK:

Test sprinkler output with a shallow container such as a tuna can or cake pan. Run the sprinkler for 15 minutes and measure the amount of water collected. The goal: 1/2 to 3/4" per week to sunny areas and 1/2 to 3/4" in shaded areas for most lawn grasses to maintain root system health (with 100°F days it is hard and wasteful to keep grass green), subtract if we receive any rain

Water raised beds and plantings weekly (according to rainfall, soil & plant conditions). Make sure you keep the top 6-8 inches of soil moist so that the feeder roots can pick up nourishment and water. Container roses and plants should be watered probably every other day if they are in all sun. Use the "old moisture meter" . . . your finger, to check the soil dampness. Use moisture-absorbing crystals when potting a plant; adding extra fertilizer to container plants will not help bloom and may cause problems. When it's 100°F day after day, many plants will not bloom. Keep them watered and be patient.

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.

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.

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*

2nd WEEK:

Be on the lookout for "clearances" and "closeouts" of garden supplies and stuff! - *me*

SCALE insects on euonymus, hollies and other shrubs can be controlled with horticultural oil. Follow label instructions. Mulch plants not only to conserve water, but also to keep the roots of plants cool and to reduce weeds around trees, shrubs and in flower beds

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

3rd WEEK:

Hummingbirds are everywhere this summer. Attract them to your yard with a sugar-water feeder. Use four parts water and one part sugar (no honey or sugar substitutes).

Plant beans, lima beans, cucumbers, sweet corn and black-eyed peas for the fall harvest.

Now is a good time to choose crape myrtles for your landscape. They are blooming, so you can be certain of the color of the blooms. - *LR*

continued next page

4th WEEK:

You can do a simple soil test to see if your soil is alkaline or acid. Place a pinch of garden soil into a bottle or glass of vinegar. If the vinegar starts to bubble, your soil is alkaline. If it doesn't bubble, then it is acid. With the exception of east Texas and a few other locations, Texas soils are generally alkaline. - TGS

Start sowing flowering winter annuals, such as Alyssum, Calendula, Larkspur, Poppy and Stock. Continue to protect young vegetable transplants from scorching afternoon sun.

Migrating ruby-throat and rufus hummingbirds have begun to arrive in San Antonio. Keep feeders clean and full of sugar water (3 parts water to 1 parts sugar).

Mulches are essential to keep the soil cool, conserve water and reduce weeds. Replenish mulch this week. Consider cocoa shell mulch, pecan shells or cedar for a more decorative look. - CF

Prune autumn sage to encourage a fall bloom. Cut back mallow hibiscus plants to 8 inches to encourage a second bloom this fall. Fertilize flowering plants with a foliar spray to give leaves a boost. Apply in the morning or evening to prevent burning. – LR

Thanks to MG 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.

Hospitality Table snacks schedule:

September: we ask the bread bakers in the group to bring herbal breads, biscuits, scones, rolls, etc. Those whose last names begin with **L-O**, bring a spread to go on the breads.

October: P-Z

November A-D

December: Everyone (banquet!!)

Share Table

The Share Table continues to be a great success. Thank you for sharing your surprises with us.

Remember these simple rules:

1. No money changes hands.
2. At the end of the evening, if your item is still there, please take it back home or throw it away.
3. Clean, usable items only.



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.

'08 - '09 SAHS Board Officers

Eileen Achorn - President

207-712-1903 (cel), Eileen.Achorn@utsa.edu

Evelyn Penrod - Vice President Programs

830-438-2290 (hm), epenrod@gvtc.com

Rebecca Kary - Secretary / Membership

210-200-8512, karyrebecca@yahoo.com

Don Crites - Treasurer

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Lyn Belisle - Publicity / PR / Webmaster

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Patty Wilson - T-shirts, Cookbooks

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Robin Maymar - Flyer Coordinator

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Business Members

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

Bible Gardens of San Antonio

Aida & David Sanchez
1602 Dawnridge
San Antonio, TX 78213
(210) 341-6987

Diane R. Lewis, B.S. & A.A.S.

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Longaberger Basket & Pottery
Consultant
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drldesigns@swbell.net
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Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.tendayshealth.com

September Newsletter Deadline

Is the Friday following the regular meeting, i.e., August 22.
Thanks!



Keep birdbaths full, and make sure the water is clean.

Most birds prefer water in a birdbath to be no more than 2 1/2 inches deep - (B&B) - EO

www.sanantonioherbs.org



PLEASE SEND TO:

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PO Box 90148
The San Antonio Herb Society