



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 233, August 2009

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



Program Thursday, August 13, 2009 A Membership Grab-bag of Interests or Share, Swap, Show us What You Got!!



Have a favorite book? What is the most interesting recipe you ever had with tomatoes? Got a trick to keep the cat off the couch? Know a great gardening tip? What did your grandmother use to keep moths out of the linen closet? And what do you do with angelica anyway?

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! So 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!



The hospitality tables open at 6:30 (names starting with N-S bring the treats).

The business meeting starts at 7:00.

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



Texas AgriLife Extension Service Class Offered

Texas AgriLife Extension Service is offering their second annual class on Certification Preparation and Horticulture Knowledge, in conjunction with the Texas Nursery and Landscape Assn. (TNLA), from September 4 to December 18, 2009. This class is open to all related affiliated businesses and "green" businesses in Region 1 of the TNLA.

Presentation will focus on the TNLA certification manual and will emphasize Central and South Texas gardening and landscaping. Classes will be held on the first and third Friday of each month from 1-5 pm, at 3355 Cherry Ridge, Suite 208, (Conroy Square, East Court), San Antonio.

Class size is limited to 35 participants (5 participants per company).

Cost is \$120. Contact the TNLA office in Austin at 512 280 5182 or Angel Torres, TX. AgriLife Extension Service office, tel. 210 467 6575 for more information and application paperwork.

Deadline for applications is August 21, 2009

Get Well Wishes!

Long-time member, Mary Lee Estes, has been recently dealing with some tough health problems. Last we heard, she was in residence at Regent Care on Blanco after a lengthy hospital stay.

Mary Lee is a past treasurer and avid crafter. She made many of the greeting cards that carried our speakers' honorariums. We wish you all good health and happiness, Mary Lee! Hope to see you soon. See Lyn Belisle for Mary Lee's contact info.

Summer Herbal Heirloom Tomato Pickles

- 2 cups tomatoes, vertically quartered
- 2 to 4 garlic cloves, sliced (try Russian Red Garlic)
- 1/2 cup fresh herbs of your choice (try lemon basil)
- 1/3 cup cider vinegar
- 1 tablespoon kosher salt
- 1 cup cold water
- 1 tablespoon fresh juice of key limes, lemons or limes (optional)

Place tomato slices, garlic and other herbs in a 16-ounce clean glass jar until about 3/4 full.

Combine vinegar and salt in a saucepan. Bring to a simmer and gently stir until salt dissolves. Remove from heat.

Add cold water (and optional juice) to this mixture and let cool. Pour cooled liquid in jar to cover tomatoes and herbs. Add more cold water if necessary. Refrigerate for about an hour until chilled.

Herb Companion enews

Hospitality Table Schedule:

- September: T-Z
- October: A-D
- November: E-M
- December: All
- January: N-S

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Member Recipes

Some of the goodies on the table in June included these treats
Pappadam with Mint and Mango Chutney
Tomato Preserve with Cream Cheese

Lemon Balm Fruit Compote

SAHS Cookbook, Vol. II, p. 231 (recipe doubled)

Ingredients

- 1 Cantaloupe, cut up
- 2 Mangos, cut up
- Strawberries, sliced
- Seedless red grapes

(to total about 8 cups prepared fruit)

- 1/2 C honey
- 2 Tbs lemon juice
- 4 Tbs fresh lemon balm

Cinnamon to taste

Directions:

Mix together honey, lemon juice and cinnamon. Pour mixture over fruit. Add chopped lemon balm and gently blend. Can be served immediately or left overnight so fruit juices blend with honey.



Greek Tabouleh Salad

Submitted by Joyce Effon

Ingredients

- 1 pkg Near East® Tabouleh Wheat Salad
- 1 Tbs olive oil
- 1 large tomato, chopped
- 2 Tbs lemon juice
- 1 C crumbled feta cheese
- 3/4 C cucumber, peeled, seeded and chopped
- 1/4 C fresh basil, chopped

Romaine lettuce leaves

Lemon wedges

Directions:

In large bowl, combine wheat and contents of spice sack (from packaged mix). Stir in 1 C boiling water. Cover & let stand in refrigerator for at least 30 minutes. Stir in remaining vegetables. Chill at least 1 hour or overnight. Toss and spoon over a bed of Romaine lettuce. Garnish with lemon wedges.

Indian Mango Chutney*

Notes and adaptations by Diane Lewis, original recipe from John C. Campbell Folk School 5 day course on Mediterranean, Mid-Eastern, Indian, & Asian Vegetarian Cuisine, Sauces, Spreads, & Flatbreads (Note: quantities were halved from Nanette Davidson's original recipe)

- 6 large mangoes or 3 mangoes and 3 peaches, all halved, peeled and sliced into 1/2 inch chunks
- 1 1/4 C cider vinegar (prefer organic)
- 1 1/4 C light brown sugar or to taste (amount depends on whether ripe or green mangoes are used)
- 1 red bell pepper (average size), seeded and diced
- 1 C white raisins (or currants)
- 1/2 C crystallized ginger, finely chopped OR 1/4 to 1/2 cup peeled and grated fresh ginger
- 3 garlic cloves, minced
- 1 1/2 or 2 cinnamon sticks
- 1 lemon, thinly sliced and chopped (every part but the seeds)
- 1/2 Tbs of salt (less for a low salt diet)
- 1/2 of a whole green cayenne pepper (optional), Diane substitutes 1/2 cup of chopped poblano pepper
- 1 C chopped onions (Diane uses sweet onions if available)

Combine all ingredients in a large nonreactive pot, bring to a boil and simmer on low until thick, stirring occasionally, taking care not to burn (usually takes 45 minutes to 1 1/2 hours, but remove cinnamon sticks after 1 hour). Best if made a day or two in advance. Store in refrigerator, maximum 2 weeks or freeze in an airtight container for up to 3 months – 6 months depending on the type of freezer. For longer storage have 4 sterilized pint jars ready with lids and rings. At end of cooking time fill jars up to 1/2 inch from top. Wipe rims of jars and screw on lids until just tight. Place in a boiling water bath on rack in enamel canner with jars covered by at least 2 inches. Bring to a boil and process for 15 minutes. Remove and cool before storing. Refrigerate after opening.

* Mango Chutney is delicious served on "pappadums", also spelled "poppadums" or "pappadams", also called papads. These are crispy fried wafers made from split pea or chickpea flour. Packages of plain and many flavored varieties are available "uncooked" at international grocery stores. Diane's favorite are the cumin seed variety (sampled at SAHS meeting) but she has enjoyed the garlic with mild green chili too. Preheat a heart healthy oil blend flavored with a little peanut oil or ghee (clarified butter) to medium hot. Diane uses a large wok with about 2 inches of oil and fries one round at a time, they only need about 10 or so seconds on each side when the oil is hot enough. Watch closely to avoid overcooking. Diane's wok has a rack over one side and she drains them there briefly before moving them to a bowl or tray lined with paper towels. Cool & store in an airtight container for up to several weeks; best made fresh or the day before use. At serving time garnish by scattering fresh chopped spearmint or cilantro over pappadams. Enjoy!



Business Member Profile: Another Kind Of Service

From the Marine Corps to Senior Care seems like a long stretch of the imagination; yet, for Greg Perkins, after caring for his aging father – and seeing how his maternal grandmother was cared for in her dotage – it was obvious when he left the Corps five years ago that there was a definite need for a service which would benefit both the person being cared for and their family. Co-Owner of San Antonio-based In Home Senior Care, Perkins has been a member of the San Antonio Herb Society for the past two years, drawn to it by a love of cooking and a fascination for herbs.

His experiences during the past five years, in which his business has grown to seventy employees, have confirmed a fact: that seniors will thrive better if, as Perkins puts it, “they can stay in the home of their memories”. Changing social landscapes and roles mean that less family members are now willing or able to stay at home to care for elderly loved ones. Where once it was primarily the role of women over forty to care for parents or grandparents in their old age, or when disability or sickness struck, today’s society and women’s changing role in that demand that alternatives be sought in the care of the older generation. To quote Perkins: “it gives the family members a life; without this service many wives, who are the primary caregivers, couldn’t leave the house”. Caregivers perform all the duties necessary to make a person’s life comfortable: from fulfilling daily hygiene and medicinal needs to providing companionship. According to Perkins, “some caregivers live in, some come in while the kids are at work; for me, it’s a good feeling to be able to help a family”. “And, as a profession,” he quietly added, “I can’t see myself doing anything else”.

Does he have a garden? No, not even a row of potted herbs on the kitchen windowsill! Demands of a thriving business leave little extra time to pursue gardening interests. But herbs... the interest is there, mainly because of their myriad uses in cooking. “We do have all the gardening books,” he says, “and herb books, for the cooking, you know.”

You can reach Greg Perkins at In Home Senior Care, telephone 210-256-2273, or at 5805 Callaghan Road, Suite #205. Or at one of our monthly meetings – he’s the lanky one, son of our own Jinnie Perkins.

Submitted by Jane McDaniel

Ed. Note: Jane has offered to write a series of articles profiling our business membership. This is a great idea, both on a personal level as well as the business. SAHS hopes that, if you are a member and happen to own a business, you will become a business member. Let us hear from you soon!

2009 San Antonio Herb Market- Preparations Continue

The 2009, 18th annual SA Herb Market will take place on Saturday, October 17th from 9 a.m. to 5 pm. It will feature herb plant vendors, herb related product and book vendors, local herb and gardening society booths, lectures, presentations, & demonstrations including a chef, and more. The event is free and open to the public, with plentiful free parking.

The San Antonio Herb Society will have a booth inside the breezeway of the Full Goods Building where we will sell our books and memberships. We will also staff the event T-shirt booth, distribute event programs and information, and demonstrate herbal “make and take” projects. Some of our members have been asked to speak this year. This is one of our major fund-raising events for the year which helps us pay honorariums for great speakers and our rent at the garden center. There will be many opportunities for our members to get involved and help spread the word about how herbs can improve lives.

The event offers us a higher profile in the community and will allow SAHS to connect with more people in new ways; thereby attracting new members. We ask that every member find a way to do something to contribute to our success at this event.

Contact Diane Lewis, SA Herb Market Chair for SAHS lewisdr@swbell.net or (210) 495-6116 or Evelyn Penrod, Co-chair epenrod@gvtc.com

Ed. Note: The SAHS board voted in June to purchase a sponsorship for this Market at a cost of \$400.00. Since most folks who attend *assume* that SAHS is the primary, it makes sense to get our name up on the signage. Our name and logo will appear in pertinent programs and on the annual T-shirt.



Book Review

Eyewitness Handbooks HERBS

by Lesley Bremness

This is a book I would buy for a herb gardener as a gift. Lesley Bremness has compiled a work of encyclopedic proportions. Holly Shimizu's introduction makes wonderful reading, covering plant anatomy and much else. Since there are more than 700 herbs from all over the world presented, HERBS acts more as a visual guide to identifying various herbs rather than a field guide. If you've ever wondered what “bistort” looks like, you'll find out here. Providing a touch-off point for research on particular herbs for particular uses, the reader gets an idea of the vast scope of “what's out there”. The photographs are clear and large enough to be useful, and a small amount of information is given on the basics of habitat, parts of the herb used, and traditional uses for the herb.

Submitted by J. Conwell



Over the Fence...



2009 Program Line-up

September: Sandy Winokur will speak at the September meeting. The program title will be "Olives: From Spa to Table". Sandy did this talk at Round Top in a breakout session on Friday afternoon. It's a wonderful history of olives and the numerous culinary and medicinal uses of the oil.

October: Last minute prep for the Herb Market. We will have a short program (speaker being confirmed); then we will break so everyone can shop! All of you crafty members are welcome to request a table to set up your wares for our members and guests to stop and shop. Details will be forthcoming.

November: minute Round Table forum on the various uses of herbs.

December: Annual Holiday Banquet—Chairperson: ??, theme: ???

The Organic Living Club

On June 30 at 7:00 pm I attended a meeting of the Organic Living Club. The club started in October of 2006 with 16 members. It now has over 90. David Will founded the club to be an insight to a better world that exists. We typically have from 12-25 members attending each meeting but are always getting new members. I believe we have saved many folks from unnecessary health problems by exposing them to an alternative method of health care. The club is based on an organic and sustainable lifestyle. The topics are varied and include organic gardening, alternative medicine, natural foods, green living and more. The club meets the last Monday of the month at 7:00 pm at various places in New Braunfels and nearby areas. This month the club met at The Markley Family Farm which is a U-Pick-It strawberry and vegetable farm. The farm is unusual in that it is a vertical hydroponics growing system. This makes picking very easy as nothing is on the ground!

David Will was the speaker and the topic was Drought Avoidance. The differences between grass, mulch and stone were discussed along with watering practices. The power of weeding, removing cedars and new growth oaks was presented. Put good mulch under your oaks, it helps to protect against oak wilt. Other good ideas during the drought are to spray plants with anti-transpire products such as anti-transpire 2000 to help the plants retain water; to spray with seaweed products and to mix the seaweed with some super-thrive. David also spoke about trees that can be planted now, in this heat! The desert willow, golden lead ball tree, bird of paradise, and wild olive trees all will establish a good root system with the correct watering. These trees are also very drought tolerant once established. And keep on spraying that compost tea. Studies done recently showed that an oak tree cut that was sprayed with a good compost tea could not be infected with oak wilt.

You can contact the club at www.OrganicLivingClub.org. Go to the website and see prior presenters and upcoming events. Membership is free. Donations are accepted to maintain their website (\$1.00 per person). The Markley Family Farm has a website at www.MarkleyFamilyFarm.com for further information about their U-Pick-It farm

Submitted by Sally Ann Hnatiuk

Another herbal remedy:

Do you know that basil is good for insect bites? Just tear a leaf into pieces to expose the oils and juices and rub in on the bite. Instant and lasting relief!

Submitted by Eileen Achorn

Why it works

Save a diseased plant with garlic: Grate a single clove of garlic into two cups of water, then pour this mixture around the base of the plant. This works particularly well for the fungus that often kills basil.

Why it works: Garlic contains a compound called phytoncide that kills many common plant root fungi and inhibits certain other plant diseases.

Submitted by Randy Mass; copied from Bottom Line magazine July 15th 2009; Volume 30 Number 14

More teaching going on

Diane Lewis presented "Creating Herbal Landscapes" at the GVST Essentials of Gardening Class Monday, July 20. The talk included herbal theme gardens and incorporating herbs into existing perennial beds and landscapes.



We did it first

The Herb Companion online news had a recent article on ice-cream since July 19 was National Ice Cream Day. Hey, we were ahead of things this summer, I think! Go to this link for some tasty-sounding recipes: <http://www.herbcompanion.com/herbs-in-the-kitchen/two-scoops-for-national-ice-cream-day.aspx>

Word's getting out

Hidden Forest Garden Club made a request to the SAHS speakers bureau for someone to make a presentation on medicinal herbals this coming January. Evelyn collected a couple of names and forwarded them to the club. We'll keep you posted on that meeting time & place in case you'd like to check them out. Hidden Forest is off Bitters between San Pedro and Blanco.

Next Board Meeting

August 31, 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.

Lost-n-Found

Sandra Lyssy is holding those odd left-behind items. If an item is not claimed after 3 meetings, it goes on the share table or to a thrift shop collection. Current items: plastic bowl with yellow lid; gladware 22 oz tubs—one with clear lid, one with red lid; extension cord.

SAHS and Other Events

October Herb Market at Pearl. October 17, 9-5. See separate article, p. 3.

November: Aromatherapy workshop. Jean Dukes has another tidbit of information for everyone. There will be a clinical lab workshop weekend conducted by Dr. Maria-Dolores Gonzales, ND, CNC, CNHP in November of this year. Anyone interested, please see Jean for that information.



San Antonio Herb Society Minutes Meeting

July 9, 2009

Call to order: Eileen Achorn

Welcome to visitors

Minutes from June meeting accepted

Business discussed:

Holly Hirshberg:

Spoke to members about The Dinner Garden. See separate article in this newsletter.

Diane Lewis:

Chair of upcoming Herb Market, with Evelyn Penrod as co-chair. Event will be held at Pearl Brewery complex. SAHS will receive advertisement space as a sponsor. Health board policies present challenges concerning food prep, so we'll need more people to "manage samples". Will also need greeters, SAWS & SAHS "boothers", event t-shirt sellers, demo-presenters. Diane passed around sign-up sheets.

Joe-Beth Kirkpatrick:

Due to personal/family obligations, Joe-Beth needs members to pitch in with newsletter content for the next few months. Photographs, book reviews, recipes, events around town; anything will help!

Eileen Achorn: August is "Share Meeting".

Presentation: Nick Vann; Edible Landscaping

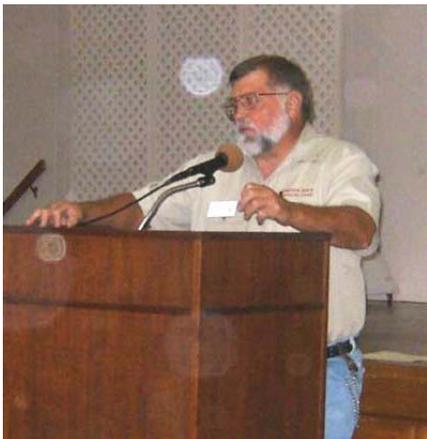
Please Eat The Daisies—a lighthearted look at the benefits of edible foods and herbs in the home landscape. Mr. Vann touched on such issues as the history of medieval and monastic kitchen gardens, the decline in commercial produce quality and unexpectedly edible foods. He focused the majority of his presentation on the planning/design aspects of using edibles in the landscape.

A short list of edible flowers includes chamomile, chrysanthemum, daylilies, honeysuckles, lavender, roses, tulips, pansies, violets, hibiscus. Edible leaves (aside from the very familiar herbs) include calendula/pot marigold, French marigold, Johnny-jump-up, nasturtium, petunia, pineapple sage and scented geranium.

There's always a few cautions: be sure that EVERYthing you grow for consumption is grown organically; some flowers need to have the green and/or white sepal material trimmed off first; confirm the true identity of the plant; use caution if you have asthma or allergies. Check with Nick's full list for more.

A question and answer session followed the presentation.

Submitted by Jan Conwell, Secretary



Treasurer's Report / June 2009

Submitted by Don Crites, SAHS Treasurer

Income

Membership Dues	\$140.00
Plant Sales	\$12.50
Book Sales	
Cookbooks	\$300.00
Resource Guides	\$140.00
Bundled Sales	\$385.00
Booklets	\$75.00
Miscellaneous (Bank)	\$5.00
Bank Interest (Savings)	\$0.30
Total Income	\$1,057.80

Expenses

Newsletter	
Printing	(\$45.47)
SA Garden Center	
Leasing Fee	(\$85.00)
Attendant Fee	(\$45.00)
Festival of Flowers Expenses	(\$83.20)
Other	
Total Expenses	(\$258.67)

Account Balances

Certificate of Deposit	\$1,154.09
Savings Account	\$2,385.30
Checking Account	\$4,613.09
Cash Box	\$50.00
Accounts Total	\$8,202.48

'09 - '10 SAHS Board Officers

Eileen Achorn - President

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Evelyn Penrod - Co-Vice President Programs

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Jean Dukes - Co-Vice President Programs

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Gayle Morris - Membership

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Jan Conwell - Co-Secretary / Recording

575-439-7522 C, jan_storyteller@yahoo.com

Don Crites - Treasurer

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Sandra Lyssy - Hospitality (needs assist)

210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

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.



From the Old Farmer's Almanac:

On August 5th, look for the "Full Sturgeon Moon". This is also the day for a partial lunar eclipse (SA won't be able to see this one, though). Around August 11-13, look in the pre-dawn sky for the Perseid meteor showers (can peak at about 50/hour). Jupiter is at its closest approach in 9 years and is the bright "star" all night. Next full moon is September 4th: The Full Corn Moon.



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.

SIG-nificant Events

SIG Leaders... Don't forget to provide a line or two about what your SIG's doing the month before or next. Having this little bit of information sure helps newer members in creating new SIGs!

Healthy Living with Herbs SIG

Marguerite Hartill and Diane Lewis co-presented a program on "Herbal Butters" to the Herbs for Healthy Living SIG at the July 15th meeting. Marguerite shared butter history, health facts, and more. Diane shared about the different kinds of butter, how the cow's diet changes the color and flavor, and butter storage recommendations.

A three page handout was provided containing butter facts and herbal butter recipes. To allow flavors to develop, Marguerite and Diane prepared three herbal butters in advance. These were used for tasting on three kinds of bakery breads and on steamed carrots; part of the healthy vegetarian dinner that Diane prepared. Randy Mass shared how to make ghee, an Indian variety of clarified butter.

Different brands of plain unsalted butter were tasted for comparison and then members created custom herbal butters using their choice of ingredients; including a variety of fresh herbs, lemon rind/zest, and/or fresh garlic. The flavored butters, also known as compound butters, were placed into crocks or rolled into butter logs in waxed paper, for slicing into butter coins for use. Other presentation ideas included butter leaf cut outs, butter balls, butter roses, and more.

Lemon Butter

1 cup salted butter, softened
Grated zest of 2 lemons
2 TBS freshly squeezed and strained lemon juice
2 TBS of finely chopped fresh basil, thyme, dill, or other herb, or capers.

In a mixing bowl, combine all the ingredients and blend with a wooden spoon until well mixed.

Serving Suggestions: 1) Spread on risotto, and let it melt slowly. 2) Spread on fish and bake.

Good with vegetables. (note: the SIG tried it with thyme.)

Fresh Mint Butter

(Lucinda Hutson's *The Herb Garden Cookbook*)

4 TBS chopped fresh mint
1 tsp or more honey
3 tsp or more fresh orange juice
1 tsp orange zest
Salt and freshly ground white pepper to taste
¼ lb unsalted butter, softened

Serving Suggestions: 1.) Use on steamed peas or carrots. 2.) Add some crushed dried red chile and serve over fish (especially salmon), lamb, or new potatoes. 3.) Add chopped shallot, garlic, or green onion, omit the honey, and substitute fresh lemon juice and zest for the orange.

submitted by Diane Lewis

Herbal Crafts SIG Schedule

schedule for the SIG:

August 15 Cards and Gift Labeling

September 19 Salsas and Guacamoles

October 10 Gift day, vinegars; Moroccan-style preserved lemons; roasted, flavored pecans; seasoning mixes, etc

November 21 Collage project

On Saturday, July 18 the Herb Craft SIG met at Eileen Achorn's home. Yes, our venerable President. Eileen taught us how to make paper beads. Once you get your fingers to figure out the movement, it isn't hard at all. Eileen showed us how to string the beads and how to do multiple strings. We did some experiments with different types of nail polish to seal the beads. Clear polish is great but some of the frosted and glitter polishes give an unusual sheen to the beads. You may also leave the

beads unsealed and put a drop of essential oil on the bead for a scented necklace.

As always, we ended with a marvelous feast of passing dishes. At our next meeting we will be making note cards and gift tags for the upcoming holidays.

Don't forget to sign up to participate at the Herb Fest in October. We need STRONG club member support.

Submitted by Sally Ann Hnatiuk

Contact Rebecca at 210-200-8512, karyrebecca@yahoo.com

Medicinal SIG

The next meeting of the Medicinal SIG will be a Spa Day Saturday Aug. 1, 8:30 AM.

We will start the day by making all kind of wonderful herbal items: face cream, eye cream, herb mixes for facial steams and an old-fashioned facial scrub of ground herbs. After all that work, we'll kick back and indulge in an herbal facial. Looking and feeling great, we will next enjoy a spa lunch created by our hostess, Stacy Ramirez.

We have room for one or two more to join our group. We meet on the last Thursday of the month at 6:30pm.

Call Carol-lee at 210-681-6815 for information on upcoming classes.

submitted by Carol-lee Fisher

Herb Garden at the SA Botanical Garden

SABot Garden's Herb Garden

The Weed and Gloat team's meeting was postponed to after the newsletter deadline. Between that and the heat, there may not be much to do this month except trim up the sun-stroked victims. Then there's the fact that Jane is a bit "laid up" with a bum knee (doctor/specialists visits pending for a decision on what to do next!). We wish her well as her hands will be full shortly—Robert's been deployed again and Alice is starting high school—oh my! Call if you need help with anything, Jane.

The Dinner Garden Introduced to SAHS in July

On July 9, 2009, Holly Hirshberg spoke at The San Antonio Herb Society about The Dinner Garden and their new fund drive, A Quarter and A Pack of Seeds. The Dinner Garden is a non-profit organization that provides seeds for free to anyone who wants to start a garden. Their goal is to help people have greater food security and to reduce reliance on public assistance. There is no qualification process to receive seeds from The Dinner Garden. You can find The Dinner Garden online at <http://www.dinnergarden.org>.

A Quarter and A Pack of Seeds is The Dinner Garden's first major fund drive. This drive asks people to donate a quarter and a pack of seeds to feed those in need. The quarter will pay for enough seeds for someone to plant a garden now. The pack of seeds will be used to help others grow gardens in the future. Donations can be mailed to The Dinner Garden, P.O. Box 700686, San Antonio, Texas 78270. They also accept donations online at <http://www.dinnergarden.org/donations.html>.

After the presentation on July 9th, The San Antonio Herb Society donated \$49.50 to support The Dinner Garden's Seeds for School Kids program. This program is supplying seed packs to the 25,000 kids in Arkansas who only eat when they receive a free meal at school. The donation will pay for 198 seed packs!



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