



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 269, August 2012

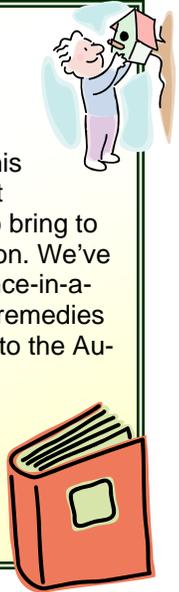
The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, August 09, 2012 Share and Show-n-Tell: Our Membership Spotlight Session

Everyone get prepped for the August Show-n-Tell-n-Share meeting. You old hands will know that this meeting can be one of the most entertaining and educational of the year. For everyone else, think about the show-and-tell sessions from back in primary school and those days you had something marvelous to bring to class and show all your friends. Our membership ALWAYS comes up with wonderful things in this session. We've seen bat houses, a family's antique garden tool, aromatherapy ideas, meat marinades, photos from a once-in-a-lifetime trip, books (all genres), restaurant reviews, craft ideas (and demos), homemade seeding "pots", remedies for various health issues and much more. You get the idea. Think about this a little and bring something to the August meeting. You'll be surprised how appreciative our audience can be!

Members A-F, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, see our website at www.sanantonioherbs.org



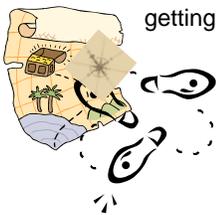
SAHS's Garden Tour for Scholarships

Coming up VERY soon, as in September 22! What a variety of gardens to see and explore. Get your tickets in August from the SAHS Board or the Tour chairs. \$10 and the "passport" will get you in all the gardens you can manage in the one day. Buy a couple extra and give them as gifts to friends and family! This is a no-kidding, win-win event.

The tour committee has been doing an outstanding job of collecting hosts' information for the on-site handouts, plus arranging for more publicity. There's sure to be solid results from all that work!

Thanks to our garden hosts, our sponsors (those fine folks will be listed in the September issue), and the tour committee for their very focused efforts in getting the tour up and running.

SAHS hopes to make this an annual event benefitting local students. The Tour committee will accept volunteers who'd like to be a part of this ongoing project.



Antiseptic Insect Repellent Skin Oil

Ingredients

- 1/2 C almond, walnut or grapeseed oil
- 6 drops oregano, thyme or tea tree oil
- 4 drops each of up to four insect repellent oils (list page 3)

Directions

1. Add oil to a small clean bottle, preferably dark glass. Drop in the essential oils of your choice and shake well.
2. Label and keep in a dark, cool place.

September Meeting

Ever consider eating ONLY raw foods? Yes, that means ucooked. Christa Emrick is San Antonio's popular raw foods chef and she can really do up foods in gourmet style. She'll show you that "raw" isn't always "slaw". We hope you will all come and hear her story and her culinary presentation in September!

Keep an eye out for the Perseids Meteor Showers centered around August 11. Get up early and find a good dark spot, kick back and watch the sky!



Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

Hospitality Table Schedule:

- Sept: G-M
- Oct: N-Q
- Nov: R-Z
- Dec: Banquet
- Jan: A-F

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GO TEXAN.

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

Member Recipes

Thanks to everyone who shared their delicious dishes and recipes during our July meeting.

Submitted without recipe:

Chips, crackers and various Dips and lots of worms!!

Worms In Dirt Cake

submitted by Carol Hamling

Ingredients—Cake

- 1 ¾ C all purpose flour
- 2 C sugar
- ¾ C Hershey's Cocoa
- 1 ½ tsp baking soda
- 1 ½ tsp baking powder
- 1 tsp salt
- 2 eggs
- 1 C milk (I use whole milk)
- ½ C vegetable oil
- 2 tsp vanilla
- 1 C boiling water

Directions

Heat oven to 350°F. Combine dry ingredients in a mixing bowl. Add remaining ingredients except boiling water; beat at medium speed for two minutes. Remove from mixer; stir in boiling water (batter will be very thin). Scrape sides and bottom of bowl. Pour into greased and floured 13x9" pan or two 9" layer pans. Bake 30 – 35 minutes or until done. Cool for 10 minutes on rack. Remove from pans.

For a 13x9" cake, take a long knife and split the cake in half, using a cookie sheet to hold the top half of the cake. Spread the filling on the bottom half of the cake, do not use too much. Then spread the fresh berries on the layer. Place the top half of the cake back on. Spread frosting on top.

Ingredients—Filling

- Seedless raspberry Jam
- Fresh Raspberries

Heat the jam until loose, using a pastry brush lightly spread on top of bottom layer. Do not use too much. Next spread fresh raspberries on top of glaze. Place the top layer of the cake in place. Spread on the frosting.

Ingredients—Chocolate Buttercream

- 3 C powdered sugar
- 2/3 C unsweetened cocoa powder (I used Hershey's)
- ½ C butter, room temperature
- 1/3 C milk (I use whole milk)
- 1 tsp vanilla extract

Put the butter in a bowl of your mixer and beat until smooth, remove the bowl from the mixer. Place a sieve over the bowl putting the cocoa in the sieve to get the lumps out, next put the three cups of the powdered sugar in the sieve and do the same. Place the bowl back on your mixer, turn on slowly and add the milk and vanilla beat until fluffy. Spread on the cake. Let your husband lick the bowl.

To make the dirt for the Worms and Dirt Cake

Buy a package of chocolate cookies with chocolate filling (I used Oreos). Grind them in the food processor. Sprinkle the crumbs on top of the frosting.

The cake tastes better without the "dirt" but with the program being worm composting.....CH



YELLOW ROSE OF TEXAS JELLO

submitted by Sarah Rice

Ingredients

- 3 envelopes Knox Original Unflavored Gelatine
- Juice of 4 lemons
- Juice of 4 limes
- 1 cup orange juice (not concentrate)
- 2 cups water
- 1/2 cup sugar
- Squirt of honey
- Mint & raspberries for garnish

Directions

Place the lime juice, lemon juice, water and sugar in a saucepan and bring to a boil, stirring occasionally. Once boiling, immediately remove from heat. Place the orange juice in a medium bowl and sprinkle the gelatin over it; let stand one minute. Add the hot juice and stir until gelatin completely dissolves. Stir in honey if desired. Pour liquid into rose mold (available for purchase next door at the Garden Gate Gift Shop). Side Note: This was my first time to make this original creation, and I had more liquid than the rose mold could hold. You can cut the recipe by 1/3 to make exactly 6 roses - the mold's capacity.



Lavender Sandwich Cookies

submitted by Kathryn Seipp

Ingredients-Cookie

- 1 – 17.5 ounce package sugar cookie mix
- 5 tablespoons butter (softened)
- 1 egg white
- 3 tablespoons lavender margarita mix

Directions

Preheat oven to 375°F

In a large mixing bowl, beat with a hand mixer the sugar cookie mix, butter, egg white and margarita mix until all the ingredients are well incorporated and a dough is formed. Drop rounded tablespoons onto a baking sheet. Bake until puffed, 9 to 11 minutes. Allow to cool slightly on the pan before transferring to a wire cooling rack. Cool completely.

Ingredients--Filling

- 3 tablespoons lavender margarita mix
- 2 cups powdered sugar

In a small bowl, combine the powdered sugar with the margarita mix and whisk until blended. The filling should have a thick spreadable consistency. Spread a teaspoon of filling on the flat side of 1 of the cookies and sandwich with a second. Repeat with the remaining cookies and filling. Allow the filling to set before packaging.

Yield approximately 20 – 24 cookies

Chicken Salad

submitted by Mike Belisle

Ingredients

- Chicken, Chopped onions, Dried Cranberries, Pecans, Grapes, Celery, Apples, Pears, Sour cream & mayonnaise

Directions

Mix well

Worms in the Compost

submitted by anonymous

Ingredients-Pasta

- Organic pasta, broccoli, cauliflower, black olives

Ingredients-Dressing (homemade)

- Olive oil, apple cider vinegar, honey, basil, oregano, sage, thyme, rosemary, garlic, salt



*no worms were harmed in the preparation of these recipes.



Over the Fence... 2012 Program Line-up

September: Christa Emrick, Raw Food Gourmet Chef

October: Texas Olive Ranch; Annual Herb Market @ Pearl on October 20th (see Diane Lewis to volunteer)

November: to be announced

December: Member holidays party/banquet/reception

January 2013: to be announced

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Maria Lührman or Emily Sauls with your suggestions.

Next Board Meeting

August 27, 6:30 pm. 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.

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 Kim Paynter

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays **except** December & August.

Webpage: www.npsot.org/sanantonio

The next SAHS cookbook, a "Best of" issue

The cookbook committee is in the organizing and type-setting process. If you have questions, please contact co-chair Kathy Bruce at kmbruce05@gmail.com

SA Botanical Garden Events

Next Plant Sale July 21, 9am to 1pm

Workshop, Square-Foot Gardening 8/18, 9-noon, \$30.

Art in the Garden features local sculptors' varied works.

Special dinosaur exhibit is planned for this fall!

For info call 210-207-3250 or visit www.sabot.org

Guadalupe County Master Gardeners

Thursday, August 16th, at 7:00 pm in the AgriLife Extension Bldg. at 210 E. Live Oak in Seguin. Ms. Molly Keck, the Integrated Pest Management Specialist with the Texas AgriLife Extension of Bexar County, will talk about "10 Bugs Every Gardener Should Know". Ms. Keck has an M.S. in Entomology.

The next series of classes for the Guadalupe County Master Gardeners begin August 15. Call for info & application. Meetings are free and open to the public. For more information, please call us at 830-303-3889 or go to our website at www.guadalupecountymastergardeners.org

SAHS & the Farm & Ranch Freedom conference

The SAHS board voted to again buy a small sponsorship in the Farm & Ranch Freedom conference program for their September Conference (in Bastrop this year). This organization promotes local, sustainable agriculture. Our donation also put our name and website link in their printed conference materials as well as on their web site. Visit their web pages: www.farmandranchfreedom.org

Health Benefits of Berries

Besides being delicious, berries are healthful. Berries are brimming with an overwhelming number of beneficial compounds, such as anthocyanins, catechins, quercetin, ellagic acid and pterostilbene, a relative of the powerful antioxidant

resveratrol found in grapes and red wine. These naturally occurring substances help neutralize free radicals—unstable oxygen molecules that damage body cells in ways that lead to disease and aging.

The numerous phytochemicals present in berries also offer further health benefits with preventive, protective and other functional properties. In fact, blueberries, blackberries, cranberries, strawberries and raspberries possess some of the highest antioxidant capacities among fresh fruits.

Jewelweed Vinegar for Itchy Skin

Jewelweed (*Impatiens capensis*) grows in the wild, wet places in the eastern United States. The juice of the plant is a traditional remedy for all sorts of skin ailments. To use it, simply crush the leaves and stems and rub the juice on itchy spots. To preserve and keep it handy, make this vinegar.

Ingredients:

1 C fresh crushed jewelweed

2 C apple cider vinegar

Directions

1. Place jewelweed in glass quart jar. Cover with vinegar and seal with a plastic lid. You can leave the herb in for up to four weeks. Pour vinegar through a cheesecloth-lined strainer.

2. Add your preferred insect-repellent and antiseptic essential oils to the vinegar, 10 drops to a one-pint sprayer. Vinegars are good for about a year.

From *Herb Companion's* online article archives

Insect-Repellent Oils and Herbs

Dilute these oils in a carrier, such as vinegar, witch hazel or a skin-nourishing oil (olive, almond, grapeseed, sesame or walnut) to deter mosquitoes, chiggers, gnats, ticks and biting flies.

East Indian lemongrass (*Cymbopogon flexuosus*)

Eucalyptus (*Eucalyptus globulus*)

Lavender (*Lavandula angustifolia* and *L. x intermedia*)

Lemon thyme (*Thymus x citriodorus*)

Orange peel (*Citrus sinensis*)

Citronella (*Cymbopogon nardus*)

Patchouli (*Pogostemon cablin*)

Vetiver (*Chrysopogon zizanioides*)

Sandalwood (*Santalum album*)

Antiseptic Essential Oils and Herbs

Calendula Eucalyptus Garlic

Lavender Lemongrass Oregano

Patchouli Rose geranium Rosemary

Tea tree Thyme Vetiver

It's Getting Closer... AND CLOSER

21st annual Herb Market is October 20th. Since we are an integral part of this large event, we'll need close to 30 volunteers to cover all the bases. The SAHS table will be selling our books and have various handouts; our hands-on "Herbs in Everyday Living" table is always a big draw and needs a couple of folks throughout the day; the market t-shirt table also needs staffers. This event goes from 9am to 5pm, but we'll need people to cover the set-up & take-down, too. If EVERYONE (this means YOU!) gives just two hours that day, we'll have it made.

Can't say enough about how this event is where SAHS can really shine in our efforts to bring the wonderful world of herbs to the general public. We are selling not only our paper goods as fundraisers, but we sell our passion for herbs as essential to our world, our health and our families. *We'll see you there!*

Minutes from July 12, 2012

General Meeting

Meeting called to order at 7:00 by Maria Lührman, Vice President, Program Chair. Attendance was 66 people.

Maria greeted all, acknowledged new members, visitors, and first time attendees. Thanked the greeters and food providers. Reminded all of the Share Table and the Members Table (Jenny Perkins with Usana Health Sciences and the InHome Senior Care).

Reminded all of the deadline for submission of articles for the newsletter.

Minutes for the June meeting and Treasurers Report were approved.

Reminded all of the next general meeting, August 9 which is the annual members "Share" meeting.

Emily announced the other future meetings: September is Christa Emrick on preparing raw food and October is the Texas Olive Ranch.

Eileen Achorn reminded all of the Scholarship Garden Tour fundraiser, how to get tickets, and the benefits of attending.

Maria reminded all of the Herb Market at Pearl on Oct 20 and asked for volunteers to help.

Marilyn Nyhus reminded all of the Garden Happy Hour, this month will be July 20th at Janet Huffman's house (see Newsletter for directions).

We still need a host for August; we are skipping September due to the garden tour, and the last Happy Hour of the year will be on 19 Oct at Gilda and Dean's. Gilda & Dean are also starting a new SIG "Life and Times of Herbs".

Maria also talked briefly of the 2013 Herb of the Year... Elderberry, and asked that members start researching this plant for a possible flier or booklet.

And we still need a chair for the Community Ed. SIG

Maria then introduced the speaker, Cassandra Truax speaking on "Composting with Worms".

Meeting adjourned at 8:20.

Submitted by Mike Belisle, SAHS Secretary on 13 July '12.

A Wormy Program...

Cassandra discussed her past education and experience with worm composting and provided free worm tea to anyone interested. Also sold worms and compost to members at the end of the presentation. Talked of the need for warmth and moisture for correct composting emphasizing healthy foods are necessary for healthy bodies in humans. Worms,



along with cysts, amoebas, nematodes, fungi, and other organisms are natural ingredients in food production. Cassandra says the red wiggler is the most common composting worm and lives in the organic layer of soil (well above the top soil, the sub soil, the parent material, and the bedrock). Worms hate light, like oxygen, and love moist warm soil. When composting, it is imperative that no meat product, grease or bones are in the soil. Keep worms in a separate bin with plenty of shredded paper, other paper products, coffee grounds, etc. but never use pineapple products as it is toxic to all worms.

Worm towers or worm bins are easy to buy, create, or invent

but most common are plastic bins available from any home store or large plastic bags. Once the worm compost is complete it is easy to strain and make compost tea...and then use it as soon as possible. Cassandra passed around a large bag of worms in their compost which everyone (except Carol Hamling, you wimp) enjoyed seeing, smelling, and touching.

Contact Cassandra through her website or email:

Website: www.gotoworms.com

Email: wormcoach@gotoworms.com



Meeting adjourned at 8:00.

Submitted by Mike Belisle, SAHS Secretary on 13 July '12.

What's the Buzz? Beekeeping!

So You want to keep Honeybees!

(Beekeeping 101 -- Getting Started)

So, you want to keep Honeybees. And why not? After all, think of the benefits. Your herbs, flowers, vegetables, and landscape will greatly benefit from the biodiversity that nature's best pollinators can provide. You will be able to harvest honey, beeswax, pollen and other hive products for consumption and/or for profit. You can create candles, soaps, lip balms and more. Imagine the gifts you could give around the holidays or for special occasions. You will be one more step closer to local organic sustainability and you will meet a lot of nice and interesting people that are beekeepers. Plus, you will have something more entertaining and educational than television to watch -- your bees!!

Here are three things you can do to get started: 1) Get connected with other beekeepers and find a mentor. Alamo Area Beekeepers Association is a great first step. (<http://alamobees.org/>) 2) Educate yourself. Go to the library or bookstore and get a copy of "Beekeeping For Dummies". Check out Austin beekeeper McCartney Taylor's website and videos. (<http://learningbeekeeping.com/>) and Seguin beekeeper Mark Gretchen's website. (<http://beeranch.wordpress.com/>) Rent out the movies "Colony", "Vanishing of the Bees", and "Queen of the Sun". Read the catalogs from the top three bee supply companies, Mann Lake (<http://www.mannlakeltd.com>), Dadant (<http://www.dadant.com>), & Brushy Mountain (<http://www.brushymountainbeefarm.com>). 3) Take a beekeeping course and commit to starting one hive by next Spring. You will be glad you did!!

Happy Beekeeping!!

Submitted by Rick Lay aka RickTheBeekeeper
210.204.5136

Garden Happy Hour-3rd Fridays

Have you heard? SAHS is having a Garden Happy Hour every month! This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. We'll try this on every third Friday of the month from April to October, from 6:30 to 8:30 pm. RSVPs required to help each month's host prepare for you and to provide you with a gate code if necessary.

July at Steve & Janet Huffman's



As the normal hot & humid summertime continues, it was refreshing to visit the Huffman's home in Hill Country Village. Steve & Janet Huffman opened their home & gardens to membership at the July Garden Happy Hour. What a lovely place! After moving into the lot in 1993, the couple razed an older, c1950s house and built new. They first put up a smaller home to live in while the larger, more family-friendly home was completed.

Steve got a new studio and workshop in the bargain, one that currently houses his ceramics equipment as well as his woodworking. Speaking of woodworking, there's a myriad of benches scattered across the lot and under the trees making for a very friendly place. The herb garden is the highlight of the driveway roundabout and was a delight with its roses and cone-flowers in bloom this month.



Thanks so much for your hospitality! **August** will be hosted by Sid & Jean Dukes out in Universal City. Call Jean to RSVP at 210-566-4379 (H) . Skip **September** as that's the day before our Scholarship Garden Tour. **October** garden host will be Dean & Gilda DeBenedictis. RSVPs will be needed, so contact them directly.



SAHS Membership

NEW MEMBERS

We welcome our newest member, Carolina Gordon and J. Ann Bauerkemper. Thank you to all of our members for continuing to make our newest members and guests feel welcome at our meetings! Carolina and J. Ann, we look forward to getting to know you better and working with you in the months ahead.

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.

A Working Field Trip to Sandy Oaks

On Thurs. July 19th we went to Sandy Oaks Olive Orchard to strip olive leaves from branches.

We stripped about 2 hours, took a break, observed the process of washing the leaves and drying the leaves in the oven to prepare the olive leaves for sale and listened to how some of their products are made.



Olive leaf tea has twice the antioxidants of green tea and is very high in vitamin C. The leaves are said to have antiviral, anti fungal and antibacterial properties. I am having a cup of olive leaf tea as I write this and the resulting brew is mellow and smooth, i have added a slice of lemon.

We went back to stripping and then Sandy found us and we had a delicious lunch, picked earlier from their new lunch menu topped off by Olive Leaf Ice Cream and a brownie made with olive oil. we then perused the gift shop and then back to work for about an hour. We had viewed a scrapbook for the history of the orchard, had a tour of the Orchard, and an explanation of the olive press they use.



We were given a small bag of olive leaves to make our own tea and we will be getting tee shirts saying "Sandy Oaks Strippers" and all agreed we had a wonderful day and will go back in the near future for another day of "stripping". The strippers were Adrienne Hackla, Sheila Mangra, Jean Dukes, Janet Huffman, Virginia Mc Guire, Jackie Compere and Marilyn Nyhus.

Submitted by Marilyn Nyhus

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! Start something new in 2012!

Brian's August To-Do List for The Garden

Compiled by MG Brian D. Townsend

"Effort is only troublesome when you are bored." - Christopher Lloyd



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 (Garden-Ville 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. Catnip ingredient repels MOSQUITOES: Iowa State University studies have found that one of its ingredients, *nepetalactone*, appears to repel mosquitoes more effectively than DEET. They have not done "gold-standard" experiments, which require volunteers. *Nepetalactone* has been used as an arthritis rub, but is not yet available commercially for use as a repellent area.

In Our Organic Rose (Herb) Garden:

Watering every day is advisable and water-washing 2 or 3 times a week around 7:00 pm (just as the sun is going down, but enough time to allow leaves to dry) can be used to supplement the water needs and provide mite protection. Whatever your schedule permits, the roses will respond to just about any extra water you can give them (remember to mulch them, see below). In late August give your roses a mix of equal parts of fishmeal, cottonseed meal, and alfalfa meal. To this mixture add blood meal. Divide by 1/4 the total of the first three ingredients. For example, if you used 10 lbs. of the first three, then you would add 7 1/2 lbs. of blood meal to complete the mix. Give each bush at least two cups of this mix. For minis, give about 1/2 cup per plant. Water in.

General Notes for the Summer Season:

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.

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 a few 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.

Southern beans, lima beans, cucumbers, sweet corn, peas, pumpkin and winter squash seeds can be planted the second & third weeks for harvest in fall.

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.

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 on the SAHS website.

SIG-nificant Events

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

Culinary SIG

Summertime, and the livin' is easy, so the song goes, and that was certainly the case for the July meeting of the Culinary SIG. Seated on the covered porch overlooking



Bev's charming and eclectic garden, watching the sun slowly set in the distance, we celebrated the season with our second annual ice cream (and gelato and sorbet and granita) social. As usual, we had an amazing array of fabulous frozen treats. Our challenge-which we met- was to get a few (well, to be honest, more than a few) spoonfuls of each delectable variety, and still have room for dessert: a golden pineapple and peach dump cake and rich chocolate truffles. The 'main courses' included ice creams of coconut milk infused with ginger and lime; vanillas flavored with cardamom, cinnamon stick, Thai basil, honey and lavender, plus a caramel topping for the hand-cranked, hardly 'plain-vanilla' bean, variety (kudos to Norm and little Isabella for the muscle!); and refreshing fruit-based confections of peach and cantaloupe flavored with basil, and yummy orange with cardamom. A lovely chocolate and hazelnut gelato paired beautifully with a crisp raspberry sorbet, and a fresh lemon and rosemary granita cleared the palate for a rich mango sorbet with kaffir lime leaves, ginger and lemon grass. Everything was so totally decadent and so totally delicious, and every single one 'the favorite!'

Buzzing on our collective sugar high, and having unanimously and democratically (thanks, Carol!) agreed to host the Christmas banquet, we spent a fun hour brainstorming theme ideas for the event. We are keeping the final decision a surprise, but can say we reluctantly decided not to put on a 'Christmas in Outer Space', as much fun as that sounded. All in all, the evening was a sweet welcome to our three newest members, Loretta, Mike and Yvonne.

Next month, the SIG gathers at Karen's for a continuation of our world tour, this time to the Mediterranean, from Morocco to Greece....stay tuned!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

The Healthy Living with Herbs group was a little small in July - folks are or have been out traveling. We met at Joe-Beth's home where the discussion was on a couple of seed oils from North Africa. Argan oil is pressed from the fruit seeds of that tree. Very similar to the olive in appearance, this tree is historically just as vital to the peoples of Morocco as the olive is in other Mediterranean countries. The oil is highly nutritive and has both culinary (usually after the seed is roasted) and topical uses. The high Omega-3 and -6 content plus other essential nutrients assure healthy skin! It is lightweight and absorbed quickly, leaving the merest trace of residue. Rubbed into fingernail cuticles, it helps strengthen the nails.

The other oil is pressed from the seeds of a Tunisian plant called barbary fig. We here in Texas will recognize it as the prickly pear! This charming cactus' fruit (called a "tuna") con-

tains very small seeds that are ground and pressed to produce another very lightweight oil. It takes almost 1000 kilos' worth of seeds to get 1 liter of oil. This makes it obviously more expensive than the argan oil! This oil, too, is highly nutritive for all types of skin ailments. It's even used in skin wash products. Like many nut and seed products, though, it does have a shelf life and should be used within a few months.

We each dabbed a few drops of the oils, one on each hand, and had an interesting time testing the look, feel, smell and taste of each.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

The month of July tends to be hot in Texas so when we were planning for this month we knew we wanted to do something inside. Emily decided to offer up her forte in Card Making. We arrived at Emily's with our arms full of treats for later. First Emily went over hints and tips for stamping and card making. We talked about placement of the stamp, how to ink and apply the stamp to the paper, how to layer and how to attach the various layers to the card stock. Emily uses double side tape -- who knew!!! We even do some punching (well some of us anyway!!!) She then showed us what cards we would be making -- we were sceptical as to how we would end up with cards any where as awesome as the samples. With Emily's great guidance from using just paper, stamps, inks and ribbon, we did ended up with some spectacular cards!!! We had a blast. Thanks Emily for doing such a wonderful job!!!! After we sat around the table and chowed down on all the wonderful treats everyone brought and talked the afternoon away.



Our next adventure will be soap making hosted by Karen and her husband.

For the SIG's next plan of action, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Sandra Lyssy

Life and Thyme of Herbs

No report this month. Will the SIG leader please contact the newsletter as soon as you can?

Aromatherapy SIG

No report this month.

If you are interested in joining this SIG, contact Jean Dukes @ 210 566 4379

Art

Lyn Belisle has been busy in her art life! Who ever said that there's nothing to do in "retirement"?! Gallery showings and workshops of various sorts are sure to be of interest even to the most jaded artistic wanna-be. Lyn's workshops are small groups (6, max) so each participant gets the attention needed.. Nature (herbs!) and art do go hand-in-hand!

<http://www.lynelbelisle.com>

Treasurer's Report, June 2012

Submitted by Barbara Quirk, Treasurer

INCOME	
Membership	\$190.00
Cookbook	20.00
Resource Guides	120.00
Booklets	349.00
Bundled Sales	35.00
Shirts, Aprons, Totes	91.00
SUBTOTAL - INCOME	\$855.00
EXPENSES	
Attendant Fee	45.00
Bank Charge	3.22
Herb Market Sponsorship (Oct. Mkt)	400.00
Rent Expense	85.00
Supplies	107.87
Copies	9.40
Postage & Delivery (stamps)	270.00
Honorarium	50.00
Hospitality	175.36
Publicity	50.00
Storage Rent	222.00
Frost Bank—new checks	50.00
Sales Tax	0.00
SUBTOTAL - EXPENSES	\$1,467.85
TOTAL (Income-Expenses)	-\$612.85
ASSETS	
Cash and Bank Accounts	
Cash on Hand	50.00
Frost Cert of Deposit	1,194.95
Frost Checking	1,880.16
Frost Savings	2,473.58
TOTAL Cash and Bank Accounts	5,598.69
TOTAL ASSETS	5,598.69
LIABILITIES	0.00
OVERALL TOTAL	5,598.69

'12 - '13 SAHS Board Officers & Members

Marla Garza - President

210-837-7632 C; marla.garza@yahoo.com

Maria Luhrman - Co-Vice President Programs

210-474-0550 H; 317-5706 C; mluhrman@yahoo.com

Emily Sauls - Co-Vice President Programs

830-438-8314 H; kivuli@msn.com

Norm Hastings - Membership Co-Chair

210-860-4332 C; normhastings@sbcglobal.net

Jennifer Lange - Membership Co-Chair

210-998-9771 C; niffers_00@yahoo.com

Mike Belisle Secretary, Recording

210-826-6860 H mbelisle@satx.rr.com

Barbara Quirk - Treasurer Co-Chair

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Kim Paynter - Publicity / PR

210-520-0480 H; 210-573-7056 C, texicana@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Yvonne Baca - Immediate Past President

210-313-8705 C, yvonne943@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

Pat Gonzales - Co-Chair, Hospitality

210-273-4898 C; patgonz51@yahoo.com

Jane McDaniel - Co-Chair, Hospitality

210-930-1026 H; 210-381-4931 C

; janesirish@att.net

Patty Wilson - T-shirts, Cookbooks

210-647-0838 H/W, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

Business Members

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

Nature's Herb Farm

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(210) 688-9421

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

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Landscape Design
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drldesigns@swbell.net
www.communityed.neisd.net

Mike Behrend, Executive Chef

Green Vegetarian Cuisine
1017 N. Flores
San Antonio, TX 78212
210-807-0891
Mike@greensanantonio.com
www.greensanantonio.com

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Yvonne Baca, LMT

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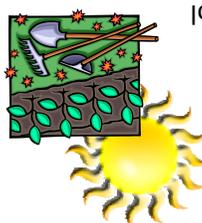
The UrbanHerbal

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info@urbanherbal.com
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*To our business members:
Your membership keeps your
listing here for a whole year!
Thanks for your patronage*



PLEASE SEND TO:



Back to School

The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209