



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 281, August 2013

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 08, 2013

Melani Van Aken and Heron's Nest Herb Farm



Heron's Nest Herb Farm took root in 1995 when Fred and Melanie Van Aken decided they wanted to live a more peaceful, rural life and learn more about growing and using medicinal herbs.

Melanie's path crossed with herbs in 1972 when her first son was born at home with help from a midwife, who recommended many herbs to ease the common discomforts of pregnancy and birth. In 1975, Melanie became a midwife, and her intense childbirth studies lead her further into learning more about herbs. Both Melanie and Fred shared a natural love of gardening so it didn't take them long to begin experimenting in their garden. They discovered is that the majority of herbs that interested them actually thrive in Central Texas.

In 1994, they found land near Blanco, complete with a creek and a wetland. They moved and went from home gardening to small organic farm production. In 2004, Fred retired after 22 years as an engineering technician and took up full-time farming. Since then, the Van Aken's herb farm has stepped up production. In 2004, a lavender-picking garden was completed and terraced with natural stone found on the land. The beautiful area offers a wonderful place to enjoy a glass of herbal tea beneath the trees.

In 2005, trails lined with lavender and other woody herbs were developed. One unique feature of these production areas is that the drip-irrigation system run by solar power.



R-Z members bring a snack for the Hospitality Tables. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org

Coming in September

Diane Baines, *food evangelist*

Should be an interesting program. Ms. Baines speaks on the health risks of GMOs (genetically modified organisms) as they are used in today's agri-business and as they wind up in our foods. She also offers consultation services on how to remove GMOs from your diet.

What is a GMO? Sometimes called "recombinant DNA technology" or "genetic engineering". It allows selected individual genes to be transferred from one organism into another, also between non-related species. They are developed and marketed because there is some perceived advantage either to the producer or consumer of these foods. This is meant to translate into a product with a lower price and/or greater benefit (in terms of durability or nutritional value).



2014 Herb Market, October 19

This year's annual Herb Market will be held October 19th at the Pearl complex on east Grayson. Mark your calendars now and plan to be a part of this great event. SAHS will need your help to prepare samples, sell Resource Guides and other booklets and generally help out. This is OUR TIME TO SHINE and bring our love of herbs to the general public.



Hospitality Table Schedule:

Sep: A-M

Oct: N-Q

Nov: R-Z

Dec: Banquet

Members' Sale Tables

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

Inside this issue:

Member Recipes	2
Over the Fence	3
July Minutes, Meeting Review	4, 5
Treasurer's Report; Officers' contact info	5
Brian's Garden To-Do List; SIG reports	6, 7

Member Recipes

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

Lemon Anise Hyssop Tea Cake

Submitted by anonymous

Ingredients

- 2 C all-purpose flour
- 1 Tbs baking powder
- 1 tsp salt
- 1/2 C butter, room temp
- 1/2 C sugar
- lemon zest from one lemon
- 1/4 C anise hyssop flowers/tender leaves, finely chopped
- 1/4 C lemon verbena leaves, finely chopped
- 2 eggs
- 1/2 C lemon juice
- 1/2 C walnuts, chopped

Directions

Grease & flour a bread or loaf pan. Preheat oven to 350oF. Sift together flour, baking powder and salt. In another bowl, cream butter with sugar until fluffy. then add lemon zest, herbs and eggs; beat mixture until just thoroughly combined. Stir in lemon juice. Gradually add dry ingredients and nuts, mixing until blended. Spoon into prepared pan and bake 50 to 55 minutes or until tester comes out clean. Cool on rack.



Mexican Casserole

Submitted by Barbara Quirk (from recipe by Margie Larkin)

Ingredients

- 2lbs. ground meat
- 1 onion chopped
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can cheddar cheese soup
- 1 can Rotel tomatoes
- 12-15 corn tortillas
- 1/4 C oil for dipping tortillas
- 2 C grated cheese

Directions

In dutch oven brown meat and onion; drain. Add soups and tomatoes and simmer 30 minutes. Dip tortillas in warm oil; drain. Layer in a 9x13 baking dish, tortillas on bottom, then a layer of meat mixture, then a layer of cheese. Repeat layers; top with cheese. Bake at 350°F uncovered for 30 minutes.



Elder, Herb of the Year, 2013

In northern regions, game birds, squirrels and other rodents, and several kinds of browsers feed on the fruit or foliage of elderberry. Bears love to eat the elderberry fruits while deer, elk, and moose browse on the stems and foliage.

The elderberries are important sources of summer food for many kinds of songbirds. For example, the western bluebird, indigo bunting, common house finch, red-shafted flicker, ash-throated flycatcher, black-headed grosbeak, scrub jay, Stellar jay, ruby-crowned kinglet, mockingbird, red-breasted nuthatch, Bullock's oriole, hooded oriole, song sparrow, white-crowned sparrow, western tanager, California thrasher, russet-backed thrush, brown towhee, Audubon warbler, cedar waxwing, Lewis and Nuttall's woodpecker, wren-tit, grouse, pheasant, and pigeons all eat elderberries.

Elderberry is planted because of its forage and cover value, productivity, adaptability, and ease of establishment. It is a useful ground cover for stabilizing streambanks and eroding sites. It provides food, cover, perching, and nesting sites for many species of birds and food and cover for various other wildlife, and it is important as browse for mule deer and elk. In the spring the leaves may be strongly scented and less palatable, but they sweeten and become more palatable by fall.

Clean up Time

Go find a bar of "Zote" soap, a pink-colored, old-fashioned soap. It's perfect for everything from scrubbing your tennies back to white or laundering your favorite silk shirt. Try this recipe:

Ingredients:

two parts soap (grated Zote) to one part washing soda and one part Boraxo.

Directions: Use about 1/8 cup of the mixture per washer-load and fill the fabric softener dispenser with white vinegar. Your clothes will come clean without the artificial stuff founding commercial detergents. The vinegar provides the added benefit of helping keep the washer drains clean!

Summer Citrus Body Splash

adapted from Pioneerthinking.com

Ingredients

- 2 C distilled water
- 3 Tbs vodka
- 1 Tbs of each: orange and lemon peel (grated or shredded)
- 5 drops lemon verbena essential oil
- 10 drops mandarin essential oil
- 10 drops orange essential oil

Directions

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid. Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle in a cool area. Splash or spritz to stave off the summer heat!

Over the Fence...

2013 Program Line-up



Sales & Events:

August: Garden Happy Hour (23rd—4th Friday)

Sept: Diane Baines, *food evangelist*
Garden Happy Hour (9/20)

Oct: Special Interest Groups present ideas
Herb Market (10/19)

Garden Happy Hour (25th—4th Friday)

Nov: a culinary program, details t/b/d

Dec: Member 30th Anniversary Banquet

Like our programs? We NEED your ideas!

Know a great speaker for an interesting herbal topic? Contact **Leslie Bingham** or any Board member with your suggestions.

Next Board Meetings

August 26, 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 Grace Emory.

SA Botanical Garden Events

Summer-Fall exhibit, "Savage Gardens" until December 31. Come explore the "alien" world of plants with a meat-eating habit! Art includes giant plant sculptures, real sundews and pitcher plants, plus children's inter-actives make for a one-of-a-kind experience in the Conservatory.

Next Concert Under the Stars, August 8, 7:30 - 9:30 pm, featuring Joe Posada & The Show Band w/ Wednesday Ball. Tickets \$5 (Members buy one get one free)

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

Also news via the SABotanical: Broadway Reach

The brand **new** Broadway Reach pass gives access to seven cultural institutions along Broadway. The seven-day Broadway Reach pass sells for just \$44/adult and \$22/child. A great gift idea, too. The seven institutions along Broadway share the common goal of bringing education, culture, and entertainment to our community. Grandparents, this is a great way to entertain those visiting grandkids! Explore, engage, enjoy!

Brackenridge Park Conservancy www.brackenridgepark.org

McNay Art Museum www.mcnayart.org

San Antonio Botanical Garden www.sabot.org

San Antonio Children's Museum www.sakids.org

San Antonio Museum of Art www.samuseum.org

San Antonio Zoo www.sazoo.org

The Witte Museum www.witteuseum.org

Garden Center Events

SAGC monthly meetings are held on the first Wednesday of each month and are free and open to the public. For more information call 210-824-9981 or check out their website at SanAntonioGardenCenter.org

Comal County Master Gardener program

Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center
3310 N. New Braunfels (at Funston). Free and Open to the Public, donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org.

Guadalupe County Master Gardeners

Deadline for Class 25 is past. For other meeting or membership information, call 830-303-3889 or find our website www.guadalupecountymastergardeners.org.

Traveling this summer— news from Ireland & Morocco

Jane McDaniel went to spend the summer on Achill Island (off the west coast of Ireland) where she and husband Robert purchased a small home a few years ago with retirement in mind. They've used the warm weather visits to fix up the house, weed the gardens and generally get acquainted with their neighbors via volunteering at various local events. Keeping busy and completely happy suits Jane as Ireland is her native country. After bragging about the "automatic" lawn mowers (1st photo), she sent a few more in lieu of post cards.

This one is of one of the strong holds of Gráinne Ní Mháille, Ireland's "pirate queen", c.1500s. Apparently, this lady was quite the businesswoman!



Helga Anderson took her grandson (a habit they're both enjoying immensely!)



on a visit to Morocco earlier this summer. Had to go on caravan! She sent these photos for your enjoyment. Said her grandson was showing off a garment

loaned to him by one of the excursion employees. Where have you traveled? Want to tell us about it? Please do! This newsletter is always open for your contributions.

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.

Newsletter Articles, photos, etc.

Deadline for all materials submitted for possible publishing is the Friday of the week following the general meeting.

Minutes from July 11, 2013

General Meeting

Meeting was called to order at 7:00pm by Emily Sauls - co-president. Attendance was 34, 4 of whom were visitors.

Emily greeted all, acknowledging new members and visitors. She thanked the hospitality committee for their work and those that had brought food tonight. The hospitality table was alive with different shades of sunflowers. The table could have been called "cucumbers" with cucumber water (along with a lovely rose hip tea), Armenian cucumbers, sliced cucumbers served with a peanut mixture and lovely cucumbers with a dill sauce.

Emily reminded members with the last name beginning with R-Z to bring food for the August meeting. She also asked members to check out the share table - how appropriate for the Share meeting- which was abundant with magazines, books and spices. Also, she reminded people to stop by the SAHS Merchandise Table which did a lot of business.

Minutes were approved as printed in the last newsletter.

Emily reminded us that the next Happy Hour is next Friday, July 19th, at Mama Tee and Don Reiter's home. RSVP to the phone number in the last newsletter.

Carol Hamling spoke about making herb concoctions to sell at the Herb Market on October 19th. She needs volunteers to meet at her house to make the herb mixtures and bring ideas for packaging.

The Board has voted to discontinue the SAHS 800 number because the cost outweighed the demand. The website is available for which to communicate club information

The project for making scarves for the Special Olympics is ongoing. Emily has info.

The Program was introduced and conducted.

Emily reminded us about the Happy Hour at the Reiter's this Friday. She also thanked us for the wonderful share meeting. The next meeting will be on August 8th when we look forward to having Melanie VanAken from Heron's Nest Herb Farm

Meeting was adjourned at 8:35

Submitted by Barbara Quirk, SAHS Secretary, on 14, July, 2013



Annual Show-n-Tell and Share Meeting:

Lyn Belisle- scarves colored with natural plant dyes. She showed us a new book she'd recently acquired about natural dyes, *Eco Colour* by India Flint.



Rick Lay - The Beekeeper. Rick passed out a sheet on "Honey Health Benefits". He talked about the healing powers of honey and aloe on a fairly deep skin wound he recently sustained.

Madeline Sprague and Beverly Tibbs - brought many samples of home-made soap made from herbs. It was emphasized to use your soap because essential oils involved evaporate months. A publication, "A was recommended.



the essence after 6 Wild Soap"

Carol Hamling - Filled with

quips about gardening, Carol pulled out of a bag a contraption for applying weed killer to individual weeds from the middle of your flowers. She had previously passed out tickets for raffling the tool. Gloria Ortiz was the happy winner.



Robin Maymar brought a unique bird bath. She was tired of scrubbing her bird bath. Her husband drilled holes around a Teflon skillet she had purchased at a garage sale. Hooks were installed in the holes; chains were attached. No more having to

scrub the bird bath.

David Dawson - Concerned about trees dying because of the way they are planted. He emphasized that the root flare should be at ground level - not below it.



Cheryl Morrisey talked about the chickens she is raising and the problems involved. She would like egg cartons as she is expecting a lot of eggs!

Sherie H. has a recipe for an organic counter cleaning spray: mix 3 parts water with 1 part vinegar and a few drops of your favorite essential oil. Use in a spray bottle. She also noted that a little honey mixed with a bit of cinnamon and warmed up are a great way to get the digestion started up each morning.

Yvonne Baca told how her dog had been injured, tearing a 9" gash in his underbelly skin. First she used the Bach flower remedy Rescue Remedy to help with shock then cleaned the wound with a



mix of distilled water and Young Living's Lavender essential oil. She then applied a salve of Animal Scents Ointment to which she added the YL essential oils of helichrysum, Thieves™ & Melrose. She passed around the Animal Scents Ointment & the Animal Desk Reference for essential oils. Yvonne is an Holistic Health Practitioner.



Lenore Miranda told a story of adopting a chicken with "broken" legs (Not!) and how that one chicken cost her another few trips to the feed store.

Sarah Rice brought samples of stevia and papalo - two herbs that interest her. She sent around the circle samples of the papalo with paper slips with internet sites having to do with these herbs. See herbnet.com/papalo.pdf



Marilyn Nyhus again brought her favorite tool by Leonard- a digging tool sharp enough to go through the toughest of soils. She also

washes her vegetables with a 3:1 water to vinegar solution for 20 minutes to make them keep fresh by destroying bacteria and mold spores. A super way to make lemon zest is to freeze the lemons before microplaning.

Diane Lewis has two wonderful ways to keep your plants from yellowing. Yellowing on new leaves means they are deficient in nitrogen; on old leaves, the deficiency is iron. She brought samples of Texas Greensand and Medina Micro Nutrients to help help explain ways to solve the problem. She also presented that it isn't wise to use a product called "Ironite" as it contains lead and arsenic.



Leslie Bingham brought a very old Irish Cookbook from which she read a page to exemplify the quaintness of the book, The Cooking Woman (1949) She was raised Ireland.



Adrienne Hacker showed a tool, the ulu, which is a rocking slicer (similar to a mezzaluna). Very sharp! Info can be found on ulu.com.



Mama Tee Reiter broke out a recipe she developed. Make a mixture of wheat flour, corn flakes, garlic, oregano; dip green tomato slices in egg mixture, flour mixture then fry in olive oil.



Submitted by Barbara Quirk

Treasurer's Report, June 2013

Submitted by Lenore Miranda, Treasurer

INCOME

Membership	\$25.00
Merchandise Table	125.00
Basil Fest	387.00
Festival of Flowers	507.00
SAGC return of 2012-2013 deposit	100.00
miscellaneous	6.00
SUBTOTAL - INCOME	\$1,150.00

EXPENSES

Attendee Fee	\$45.00
Garden Center monthly Rent	85.00
Garden Center annual dues	50.00
Garden Center annual deposit	100.00
Post Office Box annual rent	128.00
Printing & Engraving (flyers)	129.90
Storage rent (3 months)	231.00
Basil Fest supplies	35.66
King William parade supplies, 2012	150.00
King William parade supplies, 2013	128.71
Web host fee	30.00
SUBTOTAL - EXPENSES	1163.27

TOTAL (Income-Expenses) -13.27

ASSETS—Cash and Bank Accounts

Cash on Hand	\$120.00
Frost Cert of Deposit	1,209.28
Frost Checking	2,744.12
Frost Savings	2,473.88
Scholarship Garden Tour Fund	3,116.48
TOTAL Cash and Bank Accounts	\$9,663.76
LIABILITIES	0.00
OVERALL TOTAL	\$9,663.76

'12 - '13 SAHS Board Officers & Members

Emily Sauls - Co-President

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

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705; yvonne943@yahoo.com

Leslie Bingham - Vice President (Program Chair)

530 852-1702 C; 210 998-3898 H; lesliegw@live.com

Norm Hastings - Membership Chair

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

Sarah Rice - Membership Co-Chair

210-738-8772 H; casitarice@yahoo.com

Barbara Quirk - Secretary, Recording

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

Lenore Miranda - Treasurer Chair

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

Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; frog23@texas.net

Grace Emory - Publicity / PR

210 875-6919 C, gemery49@yahoo.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Joe-Beth Kirkpatrick - Newsletter

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

Jane McDaniel - Chair, Hospitality

210-930-1026 H; 210-381-4931 C; janesirish@att.net

Leslie Bingham - Co-chair, Hospitality

210-930-1026 H; 210-381-4931 C; lesliegw@live.net

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information Contacts

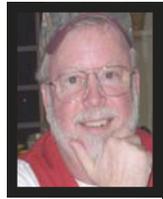
SAHS web page: www.sanantonioherbs.org

SAHS email

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, course sand, or a combination of these (*Gardenville* and *Fertile Garden Supply* both 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.

Summer Odds-n-Ends

Lawn care: Look for CHINCH BUGS in St. Augustine grass. Inspect dry, burned-looking grass, irregular-shaped dead areas in the lawn exposed to hot sun. Chinch bugs are about 1/6 of an inch long with a triangular black mark on the wing. Cut out both sides of a coffee can and push about 1 inch into a suspected area and fill with water, chinch bugs will float to the top. Mow lawns weekly (at least every other week if we are in a drought situation), you should be removing no more than 1/3 of grass blade height and leave clippings on the lawn. Both lawn and soil will benefit. Keep lawn mower blades sharp. Jagged cuts on grass blades are entry points for disease. Mowing your lawn often will help prevent weed seeds from germinating. Vary direction of mowing to avoid developing a grain (blades growing/leaning in one direction) to your lawn. It's time to apply pre-emergent herbicides to control winter weeds. Read the label closely to match your weed problem with the proper pre-emergent.

Your Fall Garden:

Till, compost and prepare fall garden area. 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. Plant beans, lima beans, cucumbers, sweet corn and black-eyed peas for the fall harvest.

Please see the full length version on the SAHS website.

SAWS' Online E-news and Lawn Watering

It's a no-brainer: All plants need water. But how much and how often varies from plant to plant. While there are various recommendations out there, we prefer to rely on scientifically based advice. Knowing there can be slight variations based on soil, shade, slope, season and species, we encourage these water applications for the following plant types:

A half-inch of water once a week is sufficient for lawn survival and modest growth.

Plants such as jasmine, ivy, salvias, lantana, roses, yaupons and hollies do well with twice a month watering in the absence of rain. The amount is never to exceed 3/4 inch per square foot, or about 1/2 gallon per square foot, per watering event.

Established native and adapted non-native trees rarely need any supplemental irrigation. If one month significantly lacks normal rainfall, then the recommendation is 1 inch per square foot, or about 2/3 gallon per square foot, once per month.

Established palms only need water once a year, at most.

SIG-nificant Events

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

Culinary SIG

It's mid-July, and for the Culinary SIG that means its ice cream social time at Beverly's. Sitting on her large covered porch, cool breezes wafting, the Texas hills in the distance and solar fairy lights twinkling in the lovely garden, we had the perfect setting for enjoying an amazing array of frozen treats. Sipping yaupon and Saigon cinnamon tea, we sampled a delightful limoncello and basil sorbet topped with a raspberry sauce, a yummy piña colada sherbet topped with a dollop of coconut milk whipped "cream" and toasted coconut, a cooling Satsuma sorbet (made with fruit from the chef's tree!), a luscious strawberry and basil ice cream, a rich and intensely flavored chocolate sorbetto with black cherries, tasty ginger and lemon grass infused popsicles made with arborio rice, coconut milk and dried apricots, and a lovely cranberry sorbet garnished with sugar-glazed mint leaves, so pretty we took pictures.

Between tastings, we shared techniques and tips for making our treats, and looked at some of the recipes from a 1930's cookbook devoted to (what else?) ice cream--the cranberry sorbet came from it. Business included plans for the October general meeting and our hopes for mentoring a new culinary SIG, and tossing around ideas for putting together a booklet of our favorite recipes.

Next month is another group favorite, pizza night at Norm and Loretta's.

Stay tuned!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

Summer is time for a spa session! We met at Diane's to discuss and make some skin care products: a simple sugar scrub plus a lotion bar. This was after we indulged in some nice, cooling summer salads and tea. In August, Carol-lee will lead a discussion on the Bach Flower essences and Edward Bach's philosophies on healing with them.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

The craft sig was Saturday, July 20th and it was "Christmas in July". We painted and decorated some Christmas jewelry under the direction of J. Ann Bauerkemper, who hosted the event. The jewelry was a necklace made by painting a Santa face on a wooden heart and stringing it along with beads and bells on a silk ribbon. Very nice effect.



The cork horse ornament is for those of us who don't know what to do with the wine corks after the bottle is empty. We take 5 corks, slice at angles, glue together and add various decorations and the finished ornament looks like a small horse and each one has its own personality.

Eight attended, and a good time was had by all...

If you're interested in joining us or if you have any questions, contact Leslie Bingham: lesliegw@live.com; 530-572-1702. or Adriendned Hacker at hackla@aol.com or (210) 829-8433

Submitted by Leslie Bingham & Kathryn Seipp

Weed-n-Gloat SIG

No report for July.

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net or Leslie Bingham, at email: lesliegw@live.com.

What Is A Special Interest Group (SIG)?

Did you know that the San Antonio Herb Society (SAHS) has Special Interest Groups (SIGs) made up of members interested in varied topics? These groups meet once a month; sometimes at members' homes or they might take a field trip to a special place they have heard about.

The current SIGs are:

- Aromatherapy
- Craft
- Culinary
- Healthy Living
- Madhatters
- Weed & Gloat
- *what's next?*

Watch for more information in the September newsletter and stay tuned for the October SAHS meeting on October 10th.

Submitted by Carol Hamling

Household Pests got you down?..

Mosquitoes can ruin the enjoyment of your summer garden. Ordinary insect repellents slather you and your family in sticky chemicals; bug zappers are annoying and leave you sitting amongst charred insect parts; and sometimes you aren't in the mood for the smoke of incense or candles in lieu of fresh summer air.

So what's left? Mosquitoes don't like a few familiar herbs that you can use to stay bite-free this season. Keep the crushed leaves of these six plants in small containers at intervals on your patio to repel mosquitoes. Except for marigold and wormwood, which can cause contact dermatitis, you can rub the crushed leaves on your skin for added protection.

- Catnip (*Nepeta cataria*). A perennial for some gardeners and an annual for others, catnip has been found to be 10 times more effective than DEET at keeping mosquitoes away. Cats will crush this plant if it is in a garden bed and it has a tendency to become invasive, but keeping a couple of plants in hanging containers helps avoid both problems.
- Rosemary (*Rosmarinus officinalis*). The oil of this shrub is heavenly to most humans, but disgusting to mosquitoes. It's an attractive plant for container or herb gardens that requires little water and also is delicious when used for cooking meat, soups and egg dishes.
- Lemongrass (*Cymbopogon citratus*). This plant has a lemony scent that mosquitoes hate. With a little patience, it can be grown from stalks sold in the market. It prefers full sun and good drainage. Keep in mind that this tropical plant won't tolerate freezing temperatures.
- Mint (*Mentha spp.*). Many mints' oils are unpleasant to mosquitoes, so keep a pot or two of these hardy and aromatic plants around. Since they spread easily, mints are best cultivated in containers.

CAUTION:

Do not use the following two herbs directly on your skin.

- Wormwood (*Artemisia absinthium*). This perennial has silvery foliage and can be grown in full sun in most zones. Makes a unique border plant and the pungent odor keeps mosquitoes at bay.
- Marigold (*Tagetes spp.*). This sun-loving annual also repels aphids and is an excellent companion plant for your vegetable garden. Marigolds are an easy-to-care-for border plant and the simplicity of collecting seeds for next year's planting makes this plant an affordable addition.

Information gathered from various sources

Garden Happy Hour—our Second Year!

SAHS Members may open their gardens to visitors per a set schedule and on an RSVP basis. Visitors are welcome to bring snacks or BYOB; hosts supply basic serving necessities (small plates, cups, cutlery, napkins, etc.). Our schedule is either the third or fourth Friday, **6-8 pm**.

Visitors MUST provide RSVP in order to receive street address, gate codes or other pertinent access information.

Hosts & schedule are as follows:

August 23	Robin Maymar
rsvp	210 494-6021 H; 830 459-8415 C
September 20	Leslie Bingham
rsvp	lesliegw@live.com
October 25	Jean & Sid Dukes
rsvp	10days@earthlink.net 210 566 4379 RSVP by Oct 20

The Garden Happy Hour was at Don and Trini Rieters home. We had 3 special guests from Baghdad who are attending the Defense Language Institute at Lackland AFB. Each one of them sat at a table to practice their English and we all certainly kept them busy answering our questions and learning so much about living in Baghdad.

A couple of us went home with cactus pieces to propagate. It was a lovely evening and I felt it was enjoyed by all. Trini and Don are very welcoming hosts.

The August Happy Hour will be August 23rd (the 4th Friday) at Milan & Robin Maymar's home. To **RSVP** (required) call 210-494-6021.

Submitted by Marilyn Nyhus,

606-2933 or via email at rudyardmar@yahoo.com

2014 Herb of the Year

Plan now to submit your article, anecdote, photos, field trip report, gardening experience with **artemisia**.

SA Herb Society is Thirty Years Young!!

Inquiring minds want to know: What were YOU doing *back when?* We want to publish them for all our membership to see and appreciate. Send your memories to the newsletter not later than October 31 for publication in the December newsletter.

Here's some general items from back when...

- "Star Wars: Episode VI, Return of the Jedi" released.
- "National Lampoon's Vacation" released with Chevy Chase.
- Sally Ride becomes the first American woman to travel into space.
- The World's population is estimated at 4.72 billion
- The first mobile phones, are introduced to the public by the Motorola Company. These were commonly known as "bricks" due to their overall size, shape & weight.
- Cabbage Patch Dolls are sold in shops and become a success.
- Margaret Thatcher voted in as the UK's Prime Minister.

From the Almanac—Perseid Meteors in August



One of the BEST meteor showers to watch in any year is Perseid. Associated with the Swift-Tuttle comet, this shower can be best observed looking toward the northeast in the pre-dawn hours of August 11-13. With reasonably clear skies, you'll count upwards of 50 shooting stars every hour. That's a lot of wishes!

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

Mary Dunford
7193 Old Talley Road, #7
SAT 78253
(210) 688-9421
naturesherbfarm.com

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

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drl@designs@swbell.net
www.communityed.neisd.net

Nematode Nick's

Landscape Design & Installation
Organic Landscaping, Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

FloraScape

Mary Blasko TCLP, TCNP
florascape@swbell.net

"We can help with your gardening projects"

Ten Days Health Ministry Natural Health Counseling & Essential Oils

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

In Home Senior Care and USANA Health Sciences

Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

Rick the Beekeeper

Rick Lay
PO Box 90812
San Antonio, Texas 78212
210-369-8174
RickTheBeeKeeper@gmail.com
www.rickthebeekeeper.com

Grampa's Tea

Phil "Grampa" Haikey
210-725-5092
www.grampastea.com
grampastea@yahoo.com
"The Best Tea in the World direct to your front door."

Yvonne Baca, LMT

Holistic Health Practitioner
Therapeutic Massage, Lymphatic Drainage,
Essential Oils, Reiki Master, Therapeutic Touch
Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
www.holistichealthboerne.com

Texas Olive Ranch

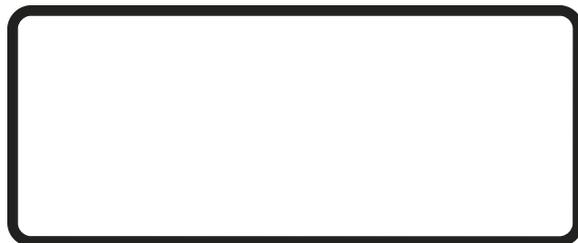
Abby Rutledge, Sales Mgr.
btwn Carrizo Springs and Asherton on FM 1557
855-TX-OLIVE (855-896-5483)
<http://www.texasoliveranch.com>
12/13

Jupe Mills Feed

Farm & Ranch & Pet Supply
14906 Bandera Rd., Helotes, Texas 78023
Alex Blue, manager
(210) 695-3551
www.jupemills.com
(courtesy listing, 12/13)

Christa Emrick, Raw Food Chef

C-Me Change, Gourmet Raw Foods
210-710-4793
Counter Culture Café & Patio
inside Gold's Gym, US281 N & Evans Rd
christa@cme-change.com
10/13



PLEASE SEND TO:



www.sanantonioherbs.org
San Antonio, TX 78209
PO Box 90148
The San Antonio Herb Society

