



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 293, August 2014

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 14, 2014 Natalie Cervantes and Childrens' Gardens



Natalie Cervantes is a graduate of Texas A&M University (degree in Entomology in 2009). Upon her graduation, she employed with the Texas A&M AgriLife Extension Service as a research assistant helping with fire ant research and eradication in Camp Bullis. It was a lot of fun, but she found her true calling when she assisted with youth presentations about insects. Working with children was an apparent and natural passion.

Recently promoted to County Extension Agent, Natalie now works with the 4-H Youth Development program. She says she now an amazing opportunity to work with the youth of our county and nurture them toward gaining knowledge, confidence and life skills. Natalie hopes to return to school and graduate studies in education in the near future.

Natalie will share with us some of her ideas on starting and coordinating classroom gardens; outlines of how to start a classroom herb garden; ideas of "herbs for kids" activities that are great for teaching kids of all ages about herbs!

SAHS members A-M, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, 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



Used Books = New Treasures!

Several months ago the SAHS received a donation of several wonderful herb related books. What to do with them? The idea formed to set-up a table at each general meeting to sell these books to raise money for the SAHS general fund. The idea was a hit and, as members had books they were done with, they started donating their books. These additional donations are what keep the used book table going and we would love more books... cookbooks, gardening books, herbs related books.

Since I have been unable to attend the past few general meetings and I have conflicts through the fall, I need to get the word out and look for a few members that would be willing to step up and keep the used book table going. I have had a lot of fun looking through the books as I set them out to sell. I have also enjoyed chatting with visitors and new and existing members along the way.

This is a great way to get involved. This is a great way to meet other members. And this a great way to raise money for the San Antonio Herb Society. Please give me a call or send me an email if you would like to talk about this opportunity. Emily 830-438-8314, kivuli@msn.com.

Submitted by Emily Sauls.



Old Farmer's Almanac

In August, the Algonquin welcome the Full Sturgeon Moon. The tribes around the Great Lakes and Lake Champlain knew that the sturgeon of those lakes were most readily caught during this full Moon. Others called it the Green Corn Moon.

The Navajo called this season "Bini'ant'aats'oz'i" - a time for gathering wild strawberries, cholla berries and yucca fruit. The Cree said it is the season the young ducks begin to fly. "Berries ripe on the mountain" is from the Northwestern Tlingit tribes.

Watch for the Perseid meteors in the wee hours of the morning on the 12th-14th.

Used Books—Partial Inventory

1993 NAFC Members Cookbook by N. American Fishing Club

A Cook's Tour of Shreveport, A Dash of the South

Austin Heritage Cook Book

Cane River Cuisine

by The Service League of Natchitoches

Cleaving (a novel) by Julie Powell

Growing & Using Herbs in the Midwest

by Rosemary Divoock

Health & Healing, The Natural Way – Energize

Your Life from Readers Digest

Health & Healing, The Natural Way – The Healing Power of

Food from Reader's Digest

How to Cook a Pig & Other Recipes by Betty Talmadge

In Nirmala's Kitchen, Everyday World Cuisine by N. Ravine

James McNair's Favorites



Newsletter Deadline for September Issue

All materials submitted for our this issue due by **August 22**

Hospitality Table

Schedule:

Sep: N-Q

Oct: R-Z

Nov: A-M

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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Member Recipes

Here are a few of the treats from July's hospitality table.

Balkan Cucumber Salad

Submitted by Robin Maymar (adapted from Moosewood Cookbook by Mollie Katzen)

Ingredients

- 4 medium cucumbers (6 to 7 inches long)
- 1 tsp salt
- freshly ground pepper
- 1 ½ C yogurt
- 1 to 2 tsp honey (optional)
- 2 Tbsp. fresh mint leaves, minced (or 2 tsp. dried)
- ¼ C finely minced parsley (packed)
- 1 to 2 Tbs fresh dill, minced (or 1 to 2 tsp. dried)

Directions

Soak the onion in cold water for about 30 minutes while you get everything else ready. Drain thoroughly and pat dry before adding to the salad. Peel (unless they're homegrown or unwaxed, in which case, don't) the cucumbers, seed them, and cut them into thin rounds. Place the in a medium-sized bowl. Add remaining ingredients except walnuts, and mix well. Cover and refrigerate until serving time. Sprinkle the walnuts on top just before serving.

Preparation time: 10-15 minutes

Yield: 6 servings

- *1 omitted these from the salad I served this evening
- *½ cup very thinly sliced red onions (I used my garden onions)
- *1 or 2 small cloves garlic, minced
- *2 scallions, finely minced (greens included)
- *1 cup chopped walnuts, lightly toasted

Brown Rice Salad w/ Crunchy Sprouts & Seeds

Submitted by Carol Hamling

Ingredients-salad:

- 1 1/2 cups mixed dried sprouted legumes (such as mung beans and lentils) (Whole Foods)
- 1 1/2 cups grated zucchini, lightly squeezed to remove liquid (I placed in a sieve and pressed down on them)
- 1/2 cup cooked brown rice – I added a little more after it was all together
- 2 scallions, thinly sliced – the whole green part also
- 2/3 cup toasted salted sunflower seeds (Trader Joe's)
- 1/3 cup coarsely chopped roasted unsalted almonds
- Freshly ground black pepper

Ingredients, vinaigrette

- 1/2 cup olive oil
- 3 TBSP lemon juice
- 1/4 - 1/2 tsp. kosher salt
- Freshly ground pepper
- Chopped chives

Directions, vinaigrette

In a deep bowl put the lemon juice, slowly pour the oil while whisking by hand or with a small electric whisk, adding salt and pepper. When thick, stir in snipped chives to taste. It takes a lot.

Directions, assembly

Cook dried sprouted legumes in a large pot of lightly salted boiling water until just tender, about 5 minutes. Cover pot; remove from heat. Let stand for 3 minutes; drain. Rinse legumes



under cold water to cool; drain. Transfer to a large bowl. Add zucchini, rice, scallions, seeds, nuts, toss to combine. • Pour on vinaigrette • Season to taste with salt, pepper, and more lemon juice, if desired. Keep in refrigerator.

Broccoli Casserole

Submitted by Martha Valdez (from "Palmira")

Ingredients

- 2 pkgs frozen, chopped broccoli; cook & drain
- 1 C cooked rice
- 1 can mushroom soup
- 1 can cream of chicken soup
- 1 jar Cheez-Whiz
- 1/4 C onion, chopped fine
- 1/4 C celery, chopped fine
- 1/4 C butter

Directions

Melt butter; add celery and onion and saute. In a baking dish, add rice and butter mixture. Pour in both soups and broccoli and mix well. Season to taste. Pour Cheez-Whiz over top. Bake at 350oF until Cheez-Whiz melts.



Dishes without Recipes

- Cauliflower au Gratin
- Lipton Spinach Dip
- Whole wheat Applesauce muffins
- Native Olives (Cordia boissieri A. DC.) (Mexican olive, anacahuita)



Cookbook, Vol III Committee Report

The members of the Cookbook Committee Barbara Quirk, Leslie Bingham, Robin Maymar, Marilyn Nyhus, Adrienne Hacker and Grace Emery and Karen Lopez have been taking a break this summer. At the July share meeting, fifteen members took recipes to try; we'll taste-test these at the next general meeting in August. Thanks to all who took a recipe. We will continue to take recipes in any form; if you'd rather, give me your handwritten recipes, too.

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list
4. Instructions
5. Comments (if any)

Evaluation Criteria for Recipes

1. Presentation and appearance
2. Use of herbs
3. Use of seasonal and/or fresh ingredients as possible
4. Taste

Send your herbal recipes directly to Grace Emery:

1415 Sage Run, SATX 78253 or gemery49@yahoo.com





Over the Fence...

2014 Program Line-up

SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Sep: Mike Bolner, *Bolner's Fiesta Spices* on development of herb and spice blends

Oct 16: Mary Dunford, drying and arrangement of herbs for holiday decoration

NOTICE OF DAY/DATE CHANGE FOR OCTOBER MEETING— OCT. 16TH (3RD THURS).

Oct 18: Annual Herb Market @ the Pearl

Nov: Herbs for holiday cooking by Cris Goloby, Adjunct Instructor, St. Philip's College Dept of Hospitality, Tourism & Culinary Arts

Tentative for 2015: Savory, 2015 Herb of the Year; Cajun cooking; Spring herb gardening; aromatherapy for stress relief; Herbs and your Pet; more!!

Like our programs? We WANT your questions!

Please send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Want more like this?

Know a great speaker for an interesting herbal topic? Contact Rachel Cywinski or any Board member with your suggestions and contacts.

Next Board Meetings

July 28, 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.

Courtesy Counts at General Meetings

To all attendees, two things to do each meeting:

- 1) Turn off your personal communication device.
- 2) Remain seated until our program has been completed and the closing announcements have been made.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events

Art in the Garden: Richard Hunt's nine contemporary sculptures in the Conservatory; ends January.

August 2-3: Dog Days of Summer

Sept 6 thru Jan 4: Lego Sculptures

Also in September (get those calendars filled quick!): "Brews & Blooms" on the 13; Starlight Movies on the 19th and 26th. For info call 210-207-3250 or visit www.sabot.org

SA Express-News Needs Gardens

Stacy Hobson-Lehman with the SAE-N is looking for your garden to feature in an on-going column about local gardens of all kinds. She's looking for all kinds of specialties, uses, causes, beginnings, methods, plantings,... you name it. A couple of our membership have offered up their gardens and, hopefully, we'll read all about them soon.

Contact the journalist, Ms. Lehman at lehmann@express-news.net and tell her your herby garden should be on her short list for features!

SA Rose Society

San Antonio Rose Society will meet Monday, August 11th at 7 pm at the Garden Center. Jose Contreras, Certified FireWise Instructor & Texas Master Gardener, will discuss how to design and plan your landscape to increase the odds of your home surviving a fire. Although we don't have huge forests, we could nonetheless be subjected to the dangers of wild fires – drought conditions, high winds, dried flora, care-less people – we have lots of open spaces with dried brush and other highly combustible vegetation. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3pm; 3310 N. New Braunfels. Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each. Free and open to the public, \$5 donation is appreciated.

Watersaver Design School (partner with SAWS)

Nov. 1, register by Oct 28; \$25/person. Contact Anne Schiller at (210) 251-8101 or anne@gardeningvolunteers.org

Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Texas Native Plant Society

4th Tuesdays, Lions Field Adult Center, 2809 Broadway.

Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm.

July 22, Debbie Reid on Natural Gardening Solutions (including beneficial bugs).

website: <http://sanantoniochapter.wordpress.com/>

NSPOT does not meet in August.

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

Website: <http://txmng.org/comal/>

Guadalupe County Master Gardeners

Next Guadalupe County MG class (#26) starts August 13 and runs every Wednesday from 10am to 2:30pm.

Cost is \$190; registration deadline is July 31.

Call Cindy Waechter 830-624-1114

August 21, program topic is "Round Table Discussion: Just-in-Time Gardening Refresher for Fall" Attendees will choose 3 small discussion groups to attend. Master Gardener specialists will lead each small group, discussing challenges, solutions, and successes in areas such as: plant propagation; growing herbs, vegetables, and native plants; efficient irrigation, composting; and tree care.

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at

www.guadalupecountymastergardeners.org

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Haven for Hope's Gardens

Member Andrew Waring asked for SAHS membership's general expertise (and volunteer time!) to help create and expand and use an herb garden at the Haven. The vision is to use this garden as a teaching hub; something that will not only help the adults there, but offer the children an opportunity to learn and do something new - something that will help lift not only the spirit, but the mind and body as well. Please contact Andrew or the Haven directly.

Minutes from July 10, 2014

General Meeting: Show-n-Tell Time!

Attendance 60 including 16 guests. The meeting was called to order by Yvonne Baca. Guests and new members were recognized; hospitality was thanked for the terrific snack table layout.

Announcements:

The October meeting will be on October 16 due to a scheduling conflict in the Garden Center calendar.

Robin Maymar reported on the Fanick's Garden Center's 75th Anniversary Celebration including our booth and distributing information about SAHS. She reported on the Garden Happy Hour series (July's will be at Albert DelRio's). Remember to RSVP. She also announced that St. Philp's college had sent us a thank-you for SAHS' donation of two scholarships.

Grace Emery announced there are 15 recipes on the back table for volunteers to test. These test dishes should be brought to the next general meeting.

Members were informed about our new name tags that are kept in a box by the Membership Chairmen. They are to be picked up each meeting and returned after the meeting.

There is a proposed Newcomers SIG for which a chair and volunteers are needed. See Carol Hamling.

Rachel Cywinski reported on the field trip to Christine Arredondo's Gourmet Olive Oil store. She reminded members to ask for a discount prior to purchase.

Member Andrew Waring, volunteer with the Haven for Hope's new gardening effort, enthusiastically described how gardening can be used to not only provide for the Haven's kitchens, but also help give the residents (especially the kids) something new to learn. He provided contact information. He's offered to help conduct a tour. See the sign up sheet.



Grace introduced tonight's program, the SAHS annual Share and Show-n-Tell:



Sarah Rice Natural/organic baby bum health

Betty butterfly garden research - some butterfly larvae burrow into the ground; covering the attracting plantings is ok

Grace Emery from Pampered Chef, some fun kitchen tools (battery-operated mini-blender; stem stripper)



Barbara Quirk bottle stopper cork place card holder; article on using Citra-solv to make those place cards



Cindy Moore Bonide Products' "Stump Out" stump and vine killer VERY effective

Mama T using the tomatoes that refuse to ripen and making fried green tomatoes; using the oversize zucchini to make wonderful soup

Don R. tired of buying dirt for the garden in a very rocky land; started buying loads of manure and "seeding" that with lots of worms. Give that pile a very few weeks and wind up with rich and healthy loam.



Frankie Campbell her research over the past few years has shown that the American habit of using antibiotics for EVERYTHING is more harmful than beneficial; consumption of wheat, corn syrup, MSG and genetically modified foods damage our health. Using essential oils for health is the way to go.

She passed around the Reference Guide for Essential Oils (New 2013 Edition) by Connie and Alan Higley

Norm Hastings showed off his new multi-purpose knife given him by his son



Vivian Paul gave away her 2nd most requested recipe - this one's Meat Balls

Jeanne Hackett a simple and VERY effective knife sharpener ("Acu-sharp") that works on most everything, no matter how old



Loretta Van Coppennolle brought seedlings and seeds of "Jewel of Ophir", a pretty, nutritious and easy plant to grow. The leaves work well in stir-fry

Beverly Tibbs noted that storing a store-bought whole pineapple upside down for a day before cutting makes the flesh sweeter; showed off her favorite weeding tool (and told a good story with it!)



Carol Hamling distributed a "scratch-off" card that included instructions on how to make same; 3 of these cards were winners of the potted herbs she'd propagated.



Madelyn S. frustrated by fruit flies this year and has tried the trick of covering a piece of fruit with plastic wrap (with tiny holes) in order to trap the flies

Martha Valdez showed kitchen shears with multiple blades - excellent for chopping up tender herb leaves



Rachel Cywinski brought information sheets and a big bowlful of *Cordia boissieri*, (Mexican olives) for sampling (a firm, tart, heavily seeded fruit)

Julie told us about a candle she found at Rainbow Gardens that does a pretty good job of keeping a small area free of mosquitoes. The ingredients on the candle inspired her to look up what living plants might be good for that job, too. This generated a quick discussion on how using plants in the landscape might need to be handled for good mosquito-repelling qualities



Diane Lewis showed off a favorite hand tool - sort of a scoop/trowel/hoe affair with cutting edges and a wooden handle. Handy for most everything. See the *Burpee* web pages (www.burpee.com) to order a new tool.

Marilyn Nyhus brought (once again!) her favorite hand tool from A. M. Leonard. This "soil knife" has measuring marks, pointed tip, sharp sides and rough saw tooth section. She's trying a "lasagna garden" that is built on cardboard. She's found a good web site for prescription medications at reduced prices: www.goodrx.com. Local shopping divas will want to know that Kathleen Sommers (on Main) is clearing out their warehouse (they will no longer maintain a warehouse once the inventory has been depleted) great bargains on gifts, clothing and bolt fabric goods.



Jackie Compere homemade edger/weed killer: 1 gallon of plain HEB 9% vinegar + 2 oz orange oil + 1 tsp dish soap. Works like a champ!



Dean DeBenedictus Found a spray product called "rust cure". Sprayed on cruddy tools, helps eliminate rust and prevent new from forming. Caution: contains phosphoric acid



Robin M. displayed her method for organizing and storing seeds—a simple plastic box in which are small, labeled envelopes and bottles of seeds. Kept in the refrigerator, the seeds stay dry and dormant until needed.



Submitted by Barbara Quirk, Secretary

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 information mentioned in this newsletter are at the decision and discretion of the individual.

Treasurer's Report, June 2014

Submitted by Lenore Miranda, Treasurer

INCOME

SAGC deposit refund	\$100.00
SAHS Merchandise Table	33.00
Basil Fest	275.00
<u>Donated/Used Book sales</u>	<u>20.00</u>
Subtotal - INCOME	\$428.00

EXPENSES

Garden Center, attendant fee	\$45.00
Garden Center, rent	85.00
SAGC annual deposit	100.00
SAGC annual dues	50.00
PO Box annual rent	132.00
SAGC yearbook entry (directory)	4.00
Storage (Public Storage unit) 3-month rent	255.00
King William parade supplies	88.14
St. Philips College Scholarship disbursement	<u>2,020.00</u>
Subtotal - EXPENSES	\$2,779.14

TOTAL (Income-Expenses) (\$2,351.140)

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	5,515.89
Frost Saving	460.37
Scholarship Fund	1,096.79
<u>Cash on Hand</u>	<u>110.00</u>
TOTAL	\$8,392.33

'14 - '15 SAHS Board Officers & Members

Emily Sauls - Past-President

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

Yvonne Baca - Co-President

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

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p_card1@aol.com

Barbara Quirk - Secretary, Recording

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

Lenore Miranda - Treasurer Co-Chair

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

Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR

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

Lyn Belisle - Webmaster & Green List Coordinator

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Joe-Beth Kirkpatrick - Newsletter

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Jane McDaniel - Chair, Hospitality

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Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

"I scream, you scream, we all scream for ice cream": that was our mantra for this month's annual summer treat at Beverly's. Sorbets, gelatos, and ice creams were the order of the day, along with a lovely buttermilk cake for a change of pace. We each introduced our frozen dessert and dished out a scoop into small tasting cups for everyone to try before the next goodie was unveiled. Each variety was different, and all were delicious. The 'menu' included a cranberry and mint gelato; a dark chocolate and cardamom ice cream; a peach, Thai basil and cinnamon ice cream; a watermelon and basil sorbet; a lavender and honey ice cream; a nectarine sorbet flavored with a spritz of rose water; a white chocolate and lavender ice cream; a vegan mango gelato; a pineapple and star anise gelato; a tea ice with orange zest and mint, garnished with crystallized citrus rind; and s'mores ice cream sandwiches with homemade graham cracker cookies, marshmallow fluff ice cream and fudge frosting. You may be asking if we really did eat all that icy goodness. Yes. We. Did.

On a collective sugar high, we traded recipes ideas, shared a nifty pineapple corer that makes a perfectly cored whole pineapple, passed around an old cookbook with some great ice cream recipes as well as tips on such topics as what the cook can do when they have a lot of duck necks to use up. We also did a bit of business including plans for our Christmas meeting complete with save-the-date magnets with the particulars printed on them by Carol (because July is not too early to start!), and plans for mentoring a new SIG that will be focused on how to grow and use herbs, to be offered primarily to new SAHS members.

Next month, we meet at Norm and Loretta's for a barbecue. They plan to supply a brisket, and the rest of us will supply some of our favorite sides. Stay tuned!

Stay tuned!

Submitted by Jeanne Hackett

Texas Natural Living SIG

Diane Lewis hosted the Texas Natural Living SIG on Thursday, July 17th at 11:00. We all know how accomplished Diane is in all things herbal, and her class about herb-infused vinegars was nothing short of outstanding. She included step-by-step directions for preparing herb-infused vinegars, and she shared recipes for salads and dressings. While the vinegars we made during our meeting can be used at home, Diane reminded us that they double as unique, one-of-a-kind gifts as well! In addition, she told us about "drinking vinegars," called shrubs, from the Arabic word sharah meaning "to drink." Made from herbs and fruits, these vinegars can be combined with seltzers or cocktails for a special treat that is delicious and fun. We may have to have another class just to try some of these!



Lunch was wonderful with Diane's spring salad greens topped with her herbal vinaigrette. Other group members brought a spinach salad, fruit salad, cheese, and breads. Coincidentally, this day was also Randy's birthday. So, of course, we had dessert and a round of "Happy Birthday to You" for the birthday girl. Not only was there a lemon birthday cake, but we

indulged in strawberry shortcake and blueberry cobbler. Our next meeting will be hosted by Dotty Pledge on August 21st.

For information, please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Aromatherapy SIG

The SIG met at La Madeleine's and Chris Sinick presented a great overview of reflexology and Vita-Flex technique, and the benefits of using essential oils with Vita Flex in particular. These arts have been around for thousands of years and help restore balance and unblock stuck energy in the body. When used in combination with essential oils, they are a powerful combination! The next Aroma SIG will be on August 12th at La Madeleine's on Broadway. Yvonne Baca will speak on body systems.

This SIG meets at La Madeleine on Broadway. For info, please contact Jean Dukes @ 210 566 4379

Herbal Crafts SIG

The Craft (eclectic) SIG met this past Saturday 7/19/2014 at J. Ann Bauerkemper's home for Christmas in July. We always find it easier to start Christmas projects before the holiday rush. We made reindeer ornaments out of pinecones and got a lesson in painting wooden angels from J. Ann. All in all a very good session. The snacks were wonderful too.

Our SIG continues to collect your unwanted Christmas decorations. These will be incorporated into our theme for the 2014 Christmas Banquet. You can bring them to the next general meeting. For more information, contact Lenore Miranda.

Submitted by Leslie Bingham

Garden Happy Hour

There were lots of deer "in velvet" greeting gardeners to Albert Del Rio's rural neighborhood. Albert graciously welcomed us to his large garden. With an acre to work with, he has made a beautiful series of gardens in only five years.



Twenty-eight members attended. Pictured is part of his cactus garden. There was also a small vegetable garden, green houses with cactus and succulents, paths to wander, and marvelous decorations at every turn. After wandering the garden, members went into the screened porch for snacks. There was a wide variety of food: vegetarian casseroles, muffuletta sandwiches, fruit, chips with herbal dips, and nuts. A number of herb society members took advantage of the pool, swimming as the sun set and the July supermoon rose in the sky.

Our next Garden Happy Hour will be at the home of Monika Menczer who lives in the Stone Oak area. For those who have work on other nights of the week, we will be having the Happy Hour on a Sunday, August 17. Mark your calendars and begin thinking about a dish to bring, grab your favorite mosquito spray and we'll see you at 6:30pm.

Submitted by Robin Maymar

Ed Note: *RSVP required for access to the Happy Hour.* Contact Robin at robinmaymar@gmail.com

Healthy Living with Herbs SIG

The Healthy Living SIG skipped July due to summer schedules changing (don't they always!!). We'll meet in again September.

Submitted by Joe-Beth Kirkpatrick

Weed-n-Gloat SIG

The Weeders took care of the result of extra rain on our herb garden at the San Antonio Botanical Garden. There was a great deal of work but fun was had by all who joined us.

Weed-n-Gloat is, as usual, on the last Monday of the month. Come out and be surprised at how much you know about herbs! Contact for Weed-n-Gloat during June and July is Leslie Bingham - call her if you have any questions.

Submitted by Grace Emery

Culinary SIG II!

We did not have a July dinner; we'll return the 4th week of August on Thursday, the 28th, at the home of Sandra Woodall and co-hosted by Gloria Ortiz. Mint will be the theme.

Submitted by Grace Emery

Mad Hatters

The Mad Hatters did not have a meeting in the month of July. We hope to get back to having our wonderful teas starting after all of our members are done with their summer fun, events & travels. So we have nothing to report.

Interested in this group? Have an idea for a meeting location? Contact Linda at lnbdesignline@aol.com.

Submitted by Linda Barker

Startup / Newcomers' SIG: WE Want You!!

The San Antonio Herb Society (SAHS) is starting a new Special Interest Group (SIG). We would like to invite all new members to join this new group. If you are not a new member but do not belong to a current SIG and would like to know more members, feel welcome to join us. In a Special Interest Group, such as this, we will discuss herbs, how to grow, plant and eat them. The first meeting will be August 26th, Tuesday at 6:30 p.m. This will be a planning meeting and at this meeting the future day and time to meet will be decided.

The meeting will be at my house, please bring a dish to share with the recipes to pass around. Conversation at 6:30 -dinner at 7:00 sharp. You must RSVP to attend. I will provide drinks and dessert.

I look forward to seeing you there. Current SAHS members who would like to help me with this group, please call or E Mail me. Thanks. 210-493-8713

carol.hamling@gmail.com

Submitted by Carol Hamling



UIW Community Garden entry

Late Summer and Fall Classes

Our own Rachel Cywinski will be giving classes on a variety of topics and in a variety of locations running September through December. Several of these classes and workshops are being given as part of the Landscape for Life™ principles of sustainable agriculture. The Landscape for Life classes includes electronic text, 10 hours of instruction and a field trip to Brackenridge Park. Rachel is a certified instructor. See <http://landscapeforlife.org/>

All classes dates and locations:

- Lions Field Adult & Senior Center
2809 Broadway
Mondays, Sept 22 to Oct 27, 6:30 - 8:30 pm
Landscape for Life™
Monday, October 6, 1 – 4 p.m.
Capture the Killer Plants
- San Antonio Botanical Gardens
Sunday, September 28 from 2:30-4:30 pm
Capture the Killer Plants
Sunday, October 5 from 2:30-4:30 pm
Getting into the Zone (9a)
Saturdays, Nov 1 & 8 (2-part class), 9:00- 3:30 p.m.
Landscape for Life™
Sunday, November 2 from 2:30-4:30 pm
Go Native!
Saturday, December 6 from 1-3 pm
Extreme Composting

For further details and information, contact Rachel

Field Trip to UIW's Campus Gardens

Rachel has arranged for the SAHS to have a tour of the UIW campus on Monday, September 1, (Labor Day) at 9 a. m., sharp. We will meet on the campus of University of the Incarnate Word, near one of the pocket community gardens, just inside the Hildebrand entrance (across from an AT&T building and east of the San Antonio River) which is where a traffic signal was recently installed following construction on Hildebrand. We will



meet at the bench between the Wellness Center and the Bonilla Science Hall (Map available at www.uiw.edu/map). **Remember there's construction on Hildebrand.** After touring the community gardens at UIW, we will walk through the east end of the Headwaters Preserve and visit the traditional headwaters of the San Antonio River, known as the "Blue Hole" and from there visit the community vegetable garden and Memorial Garden at Village at Incarnate Word. Bring your bug spray/insect repellent.

If you wish to park on the UIW campus, you MUST obtain your free permit in advance. Contact UIWPD Parking Division by August 26 to request a temporary parking permit. Send email (do NOT call) to tempparking@uiwtx.edu during the office hours of 8 a.m. to 4 p.m. and provide the following information:

- Visitor, Vendor, or Student name
- Driver's license number and state
- Vehicle license plate and state
- Make and model of vehicle
- Date of visit

RSVP to Rachel ASAP so she'll have a head count. worldvisitor@rocketmail.com

Business Members

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

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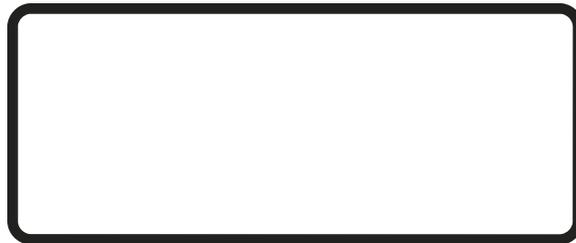
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