



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 305, August 2015

*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.*



## Thursday, August 13, 2015 Don Crites: Good or Bad Bugs...



Your landscape is filled with bugs, but it is sometimes hard to know which ones to keep and which ones to squish. Join us for an informal program on your backyard bugs, whether they are good or bad, and how to encourage or <ahem> manage them. These little "neighbors" on your herbs are pretty much the same ones that hang out in the vegetable garden - aphids, mealy bugs, spider mites, and so on.

Don Crites was a SAHS member for many years and even took his turn on the Board. He has been a Master Gardener for 8 years with a special interest in greenhouses, citrus, composting and vegetables (both summer and winter varieties - especially here in South Texas). He's also served the SA Food Bank and was instrumental in setting up the first expanded herb garden there. Come hear Don and enjoy his knowledge on what bugs us. Warm welcome to Don!!

*Members whose names begin R-Z, 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 especially lovely this year and is located on the corner of Funston and N. New Braunfels.*

*For more SAHS information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)*



### Mandarin-Dill Refreshing Lotion

*From the 2010 newsletter archives:*

After a long, hot day in the yard, working your hands to bits in the South Texas dirt (er, rocks...), try this delightfully fragrant lotion on those abused digits.

- 15 drops essential oil of Mandarin orange
  - 20 drops essential oil of dill
  - 2-3 oz unscented lotion
- (suggest Nature's Gate unscented from Sprouts)

Mix essential oil into carrier lotion and let rest to combine and synthesize for several hours.

Neither dill EO or mandarin is known to cause an allergic reaction, but if your skin is especially sensitive, be sure to try a tiny bit first to make sure it doesn't irritate.

### In September — Koch Ranches

*For your healthy eating...*

Koch Ranches, Inc. is a family business that is owned and operated by fifth, sixth and now seventh generation Texas farmers and ranchers. The ranches are located in Medina and Frio Counties, Texas and consist of over 4400 acres of lush pastures, including almost 400 acres of irrigated natural warm-season grasses and overseeded winter grazing. Our irrigation is from Edwards Aquifer artesian wells that provide clear water for both our all-natural grass-fed animals and our all-natural vegetable gardens and fruit orchards.

We are committed to providing the healthiest, most nutritional, lean meat available with an unmatched delicious flavor. Over our family's generations, we have learned that the best way to raise animals is the way Mother Nature intended.

Cheryl Koch Ludwick will present on the family's ranch and store and discuss the benefits of naturally-raised meats and produce.

### Used Cookbook Sales

The Used Book table is a veritable treasure trove of culinary texts **plus** the income benefits the SAHS. Books make EXCELLENT gifts for ANY occasion. Get in touch Karen Lopez or Charlene Swafford for one of our collection of used cook books at bargain-basement prices and you might even keep one for yourself.

- ENTERTAINING SIMPLY
- ANTIQUÉ AMERICAN
- SCHWARZBEIN PRINCIPLE
- A COOK'S TOUR OF SHREVEPORT
- DON STRANGE OF TEXAS
- SUNSET ORIENTAL
- FOUR-STAR AMERICAN COMMUNITY
- IN NIRMALA'S KITCHEN
- BARBECUE, BISCUITS & BEARS
- 30 YEARS AT THE MANSION

### Newsletter Deadline for September Issue

All materials for **September** due by **August 21**.

### Hospitality Table

#### Schedule:

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

#### Members' Sale Tables

*Please contact the Program Chair to arrange for your tables at least two weeks in advance.*

#### Inside this issue:

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## Member Recipes

Here are a few of the items from the July hospitality tables.

### Beef Mexican Style Casserole

Submitted by Barbara Quirk

#### Ingredients

- 1 1/2 lb lean ground beef
- 1/2 C onion, chopped
- 1 can (10 oz) red enchilada sauce
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- 1 can (4 oz) green chili peppers, chopped
- 1 C milk
- 1 small clove garlic, minced
- 1 pkg (about 7 oz) tortilla chips, coarsely crumbled
- 8 oz cheddar or Mexican cheese blend, grated
- 1 can (4 oz) ripe olives, sliced

#### Directions

Preheat oven to 375°F. Lightly grease a 9x13 baking dish. In a large skillet, brown meat and onions; remove from heat and drain excess fat. Add enchilada sauce, soups, chilis, milk and garlic. Mix well. In the prepared baking dish, place a layer of half of the crumbled chips; top with half the meat mixture, then half the cheese. Repeat layers; top with olive slices. Bake 35-40 minutes. Serves 8.



### Cucumber Summer Salad

Submitted by anonymous

#### Ingredients

- 2 cucumbers
- 3 C non-fat Greek-style yogurt
- 1/4 C mayonnaise
- 1 T fresh dill\*
- 1 T fresh mint\*
- 1 clove garlic
- 1 T Kosher salt
- 1 1/2 lb pasta (any) cooked al dente to package directions

#### Directions

Place 1 cucumber, peeled, deseeded and grated, in a strainer; sprinkle with salt and leave to drain a minimum of 15 minutes. Squeeze to remove remaining water. Note: A quick rinse helps to remove the extra salt, but isn't necessary. In food processor, add garlic, dill, mint and strained cucumber. Pulse to mix and break down cucumber (can be left in shreds if you prefer a less creamy sauce). Add yogurt and mayo. Pulse to mix. Refrigerate approximately 2 hours to let flavors marry. Add sauce to cooled, cooked pasta. Stir. Peel and cube the second cucumber and add to pasta blend. Mix and refrigerate. Serve cold.

\*Optional to use both dill and mint or just one. The dish brought tonight had both.

### Saffron Rice Kesar Chaval from India

Submitted by anonymous, Culinary SIG II

#### Ingredients

- 2 C basmati rice or other uncooked long-grain white rice
- 1 tsp saffron threads
- 3 Tbs + 4C boiling water
- 6 Tbs ghee
- 2 in piece of stick cinnamon
- 4 whole cloves
- 1 C finely chopped onion

1 Tbs crumbled jaggery or substitute dark brown sugar combined with molasses

2 tsp salt  
seeds from 3 cardamom pods or 1/4 tsp

#### Directions

Pour the rice into a sieve or colander set in a large pot of cold water and rub the grains lightly between your fingers to remove all surface starch. Change the water 4 or 5 times or until the water runs absolutely clear. Drain thoroughly. Place saffron in a small bowl, pour 3 Tbs of boiling water; soak for at least 10 minutes.

Meanwhile, in a heavy 3-4 quart casserole with a tight-fitting lid, heat the ghee over moderate heat until a drop of water flicked into it splutters instantly. Add the cinnamon and cloves; stir to coat. Add the onion. Fry all for 7-8 minutes, lifting and turning constantly until the onions are soft and golden brown. Watch the heat carefully; adjust heat at first sign of burning. Add rice and stir for about 5 minutes or until all of the liquid in the pan has evaporated and the grains are a delicate golden color. Still stirring constantly, add the remaining 4 C boiling water, the jaggery (or the substitute), salt and cardamom seeds; bring to a boil over high heat. Add the saffron and its soaking water, stir gently, then reduce the heat to the lowest possible point. Cover tightly and cook for 25 minutes, or until the rice is tender and has absorbed all the liquid. Fluff the rice with a fork and serve at once, mounded on a heated platter or in a large bowl.

### Saffron Other treats...

Veggie Rolls  
Lemon Cookies (Meyer Lemon!)



### Honey & Cinnamon notes...

Did you know.....?

It is found that mixture of honey and cinnamon helps alleviate the many human ailments. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Some modern science says that even though honey is sweet, if taken in the right dosage (as a medicine), does no harm to most diabetic patients. Weekly World News, a magazine in Canada, in an issue dated Jan. 17, 1995, published a list of diseases that can be eased by using honey and cinnamon.

**COLDS:** one tablespoon lukewarm honey with 1/4 teaspoon cinnamon powder daily for 3 days. This process eases most chronic coughs, colds and clears the sinuses.

**DIGESTION:** Cinnamon powder sprinkled on two tablespoons of honey and consumed before dining relieves acidity and digests the heaviest of meals. It also may ease stomach ache and the pain of stomach ulcers. Some studies show this combination may even relieve gas!

## Over the Fence...

### 2015 Program Line-up



#### SAHS online calendar:

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

**Aug:** Don Crites on bugs in the garden

**Sep:** Cheryl Koch Lehman, Koch Ranches

**Oct:** Brian Gordon on Hugelkultur gardening;  
Annual Herb Market @ Pearl

**Nov:** Diane Lewis (topic is being finalized)

**Dec:** Annual Members' Holiday Banquet

#### Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

#### Next Board Meetings

**August 31, 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.

*Remember: ALL Members always Welcome!*

#### Next Bylaws Review Meeting

**August 20, 6:30 pm** Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

#### SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can print them and post them at stores in your area, stores that you would be frequenting anyway. If every SAHS member gets a few flyers posted or shares them on social media, our membership will grow!! Get with Mike Belisle to help out.

#### SA Botanical Garden Events

Rainforest exhibit thru September. Maze leads guests on an educational experience.

The Garden is open year-round, 9am to 5 pm.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

#### SA Garden Center

For information, call 210-824-9981 or see

<http://sanantoniogardencenter.org>

#### Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. **No meeting in August.** website:

<http://sanantoniochapter.wordpress.com/> or contact via

email: [npsot.sanantonio@gmail.com](mailto:npsot.sanantonio@gmail.com)

#### Bexar County Master Gardeners

Contact 210-207-3278. or [http://](http://www.bexarcountymastergardeners.org/)

[www.bexarcountymastergardeners.org/](http://www.bexarcountymastergardeners.org/)

#### Gardening Volunteers of South Texas

Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

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

#### 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://txmg.org/comal/>

#### Guadalupe County Master Gardeners

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.quadalupecountymastergardeners.org](http://www.quadalupecountymastergardeners.org).

#### SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center.

8/10: Erin Essensee, Manager of HEB Floral, on arrangements for home decoration. Public is welcome.

For more information, see [www.sarosesociety.org](http://www.sarosesociety.org) or call Meg Ware 210-698-8440

*Submitted by Peggy Jones, Publicity, SARS*

#### Alamo Area Conservation Workshop

August 28, 8:30 am to 4:30 pm @ Phil Hardberger Park Texas A&M AgriLife along with Bexar County Master Gardeners and Alamo Area Naturalists present this workshop for small acreage landowners, homeowners, etc. Workshop will provide educational programming along with Q&A time. Various certification credits may be applicable. Workshop cost is \$20/\$25 at the door. Lunch included. Public is welcome.

For more information, see [www.texasconservation.org](http://www.texasconservation.org) or call Angel Torres 210-467-6575

#### Basket Raffle winner:

Andrew Galindo, Congratulations!

We hope you enjoy your basket full of goodies—don't forget to share!

All funds collected have been earmarked for the SAHS scholarship fund.



#### SA Express-News Garden Features

##### Column

The SA E-N is still accepting names of members who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose, special end-use or whatever.

Contact Grace Emery [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

#### Remember Savory is Herb of the Year...

How have YOU been using Savory in your cooking and healthy and tasty living this year?

Let us hear about it!



#### Homemade Fabric Softening Dryer Sheets

*Presented by Carol Hamling at our July Share meeting*

Ingredients

24 oz glass jar with resealable lid (I used an empty pickle jar)

glass measuring cup

White Vinegar

Essential Oil (choose one that will compliment your

other laundry supplies)

Fabric scraps (old washcloths or fabric napkins work well)

clean and folded

Directions

In a glass measuring cup, pour 1 C white vinegar with 1 tsp essential oil. (Adjust this ratio to suit your preference.) Stir. Place your folded fabric scraps into the jar, stacking them side by side. Pour the vinegar/essential oil mixture into the jar, put the lid on and turn upside down to distribute the liquid.

When ready to use, pull a fabric scrap from the jar, squeeze slightly to release the excess liquid and toss into the dryer with your wet laundry. Once all is dry, remove the fabric scrap, refold it and place it back into the jar.

Repeat this process until all the liquid has been used. Stir up a new batch of vinegar and essential oil for your fabric scrap dryer sheet jar!

## Minutes from July 09, 2015

### General Meeting

July 9, 2015-6:30 p.m. San Antonio Garden Center  
I. Call to order by president Leslie Bingham at 7:00 p.m.

II. Announcements:

Rachel Cywinski's father passed away.

Rainbow Gardens discount, contact Robin Maymar.

III. Upcoming events:

August and September Happy Hours need gardens, please call Robin Maymar

July Happy Hour canceled.

IV. Events Report, Grace Emery:

Raffle basket winner Andrew Galindo

Special Interest Groups: send pictures of activities and fun things you do to Grace Emery for our pre-meeting slide shows and the website

VI. Program: Grace Emery announced the start of our favorite program and Carol Hamlin opened with first item.

VII. Meeting adjourned at 8:15 p.m. by Leslie Bingham.

Next Meetings:

Board Meeting Monday July 27th, begins at 6:00 PM at Lyn Belisle's Studio

General Meeting Thursday August 13th, Don Crites will present Good Bugs, Bad Bugs

*Submitted by Gloria Ortiz, SAHS Secretary*

### Show-n-Tell-n-Share

It's always fun to see what people bring to show off. A meeting like this is sure to transport you back to school days and those days YOU got to talk about something that interested you at that time. Here's some of the things we learned or shared or simply enjoyed the story:

Carol Hamling demonstrated her home-made fabric softener dryer sheets. Made with old wash cloths or other fabric scraps plus white vinegar and your choice of essential oil. Recipe handed out. (recipe elsewhere in this newsletter)

Mike Belisle brought a new find: "Garlic Zoom" (at Williams Sonoma or J. C. Penny) He demonstrated with a few garlic cloves, and had samples of he had boxed up for us.



Lyn Belisle created a brown sugar & cinnamon scrub. She promised to put her recipe on the SAHS website. Guys tend to like the smell. Home-made hand wipes: paper towels in a baggie with essential oil and water. Cut towels in small squares. She likes to use lemon or peppermint. great to remove greasy stuff.

David Dawson talked about some notes from a past compost class. The biology of compost has a direct effect on the vegetables grown for our food. Compost feeds the soil which feeds the plants which feed us. Use dried molasses to support bacteria, cornmeal to support fungi, etc. He also pointed out that there are electrical charge differences between soils and the amendments being added. There must be a balance in all things.



Kathryn Seipp found a scarf that is soaked in water then wrapped around the neck-good for a hot garden- keeps you cool while you work



Carol Haulser-taught High School culinary for careers- She thinks SAHS ought to have an outreach to youth in the community; she has allergies to herbs (can't eat basil). Suggested that SAHS could

come up with a method to help increase public awareness. Volatile oils may cause reactions in some people; her daughter in China sent her a package of "Emporer's Best Tea", a green tea; after the tea is drunk, the tea leaves are eaten.

Loretta Van Coppenoel in searching for an eco-friendly mosquito repellent, found a "fan" that works on infrared light, works during daylight as well as night and is rechargeable. She demonstrated how you could use it as a fly swatter or just put it on a table. "One Shot" found at Wal-Mart.



Grace said she'd tried it and though it was pretty good.

Robin Maymar found a terrific counter-top cleaner from Williams-Sonoma labeled as having Meyer Lemon as an ingredient. Smells great, cleans great.

Todd Vernon, a visitor, has flower sculpture

his girl friend has sculpted. He offered to pass along her contact info to interested persons.

Don & Trini found "citronella" plants (ed note: these are a type of scented geranium) at HEB; Trini also reminded us that some girls used to use vanilla as a



perfume back in the day. Said the boys really liked it...



Barbara Quirk has a scissor-proof glove for grating; great for grandchildren in the kitchen.

Demonstrated a vegetable noodle maker; takes long veggies (squash, carrot, etc.) turn this gizmo and out come noodles. She gave us a recipe. \$14 at H.E.B.



Diane Lewis works in a medical lab and brought empty, air tight plastic tubs to give away. Passed around American Botanical Council magazine "Herb Quarterly". Mark Blumenthal is a founder of this organization; several groups from SAHS

have visited. Worth the trip.

Marilyn Nyhus shared her homemade rose petal honey. Make this with very fragrant rose petals and add warmed honey; allow to steep for at least a couple of weeks. You don't have to remove the petals.





## SIG-nificant Events

Most of our SIGs gave presentations for our June meeting. Here are outlines and/or reports.

### Culinary SIG I

We're not sure just how many years we've devoted our July meeting at Beverly's to ice cream, but long enough now that this year four of us had ice cream makers that finally bit the dust....and all in a good cause!

With us one by one describing our cold treats and offering a heaping tablespoon for tasting, we tried: a chamomile and honey custard-based ice cream with a hint of peppermint; a strawberry sherbet kept scoopable with the infusion of a fruity white wine and Triple Sec; a Mexican chocolate custard ice cream with the tiniest bit of cayenne bite; a watermelon and mint-infused ice cream; a lemon and basil infused ice cream; a peach custard-based ice cream garnished with lightly macerated fresh peach slices; a pineapple and buttermilk sherbet with chopped walnuts and mint; and a custard based vanilla ice cream made with Mexican vanilla. As if we were not getting enough of our yearly allotment of sweet stuff, there was also chocolate mint cookies and fresh cherries on which to nibble. Going back for seconds and thirds, we agreed it would be a serious understatement to say everything was merely delicious!

Next month, the crew will meet at Norm and Loretta's, when the theme is "everything salad". Stay tuned!

*Submitted by Jeanne Hackett*

### Herbal Crafts SIG

The Craft SIG met at Leslie Bingham's house to upcycle broken plates onto clay planters. This is an inexpensive way to decorate your yard and reuse nicked and broken tiles.

If any of you would like to be part of our SIG, please contact either Leslie at [lesliegw@live.com](mailto:lesliegw@live.com) or Kathryn at [kseippccc@aol.com](mailto:kseippccc@aol.com). New members are always welcome.

*Submitted by Kathryn Seipp*



### Healthy Living with Herbs SIG

<whew> this has been a crazy couple of months. Our little group has been traveling, starting school, hosting out-of-town family and doing lots of grandchild sitting! Our regular June program was postponed a couple of months.

We opted to have a Saturday lunch to meeting all the folks who signed our sheet during the SIG presentations at the June general meeting. That will happen on the 25. We'll let you all know what transpired in the September newsletter (nothing like a good mystery, right?!)

We have room for new members, so get in touch—we love company! We ask that new members to commit to staying with the group for a year as we all take turns preparing for and presenting at least one "class" during that time.

*Submitted by Joe-Beth Kirkpatrick*

### Culinary SIG II

We are on vacation for July. In August, we'll meet at Trina and Don Reuter's for a seafood event on August 27th.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

*Submitted by Grace Emery*

### Mad Hatters

No report this month.

Have a Wonderful summer everyone!

Interested in having tea with us? Contact me at [lnbdesignline@aol.com](mailto:lnbdesignline@aol.com).

*Submitted by Linda Barker*

### Weed-n-Gloat SIG

Overview:

The SAHS Weed n Gloat team has taken care of the Herb Garden at the SA Botanical Garden for the past 11 years. We plan the plantings for Spring and Fall, weed, plant, cultivate and generally take care of this plot between the Rose Garden and the Old Fashioned Garden. An added joy is meeting visitors to the Botanical Garden and the Herb Garden in particular, who have questions and queries about herbs and their uses. Another added enjoyment is that all Weed n Gloat team members are official SA Bot Garden volunteers, and with that have free access to the Botanical Garden at any time. We are 12+ herbal enthusiasts who love to get together on the last Monday of the month at the Herb Garden, from 9 - 10 am during the hot months, and from 10 - 11 am during the cooler months. You do NOT need to be a herbal expert to be a Weeder! We usually meet for lunch afterwards at a nearby café or restaurant.

Contact Jane for more information: [janesirish@att.net](mailto:janesirish@att.net)

*Submitted by Jane McDaniel*

June's meeting:

The team met at the San Antonio Botanical Garden on June 29th to get the weeding job done. We had two new members there recruited from the June SIG presentations meeting. Lisa Kelly and Margie Larkin were very instrumental to getting the day's job done. The other members cleaned the area, trimmed the overhanging herbs and of course there was a little gloating about the great results. We continued our meeting at the Central Market with some ice cold beverages.

We will meet again on Saturday, July 11th, at 9 am to get the mint under control, fix a few bare spots and do some general spruce up. Everyone is welcome to come help.

The next regularly scheduled Weed and Gloat will be on July 27th at 9:00AM at the herb garden.

*Submitted by Grace Emery*

### Texas Natural Living SIG

The Natural Living SIG met Thurs., July 16 at the home of Marilyn Nyhus. Marilyn discussed



lemon verbena, a richly scented herb originating in Argentina and Chile that has a long history as a sacred and medicinal plant.

Lemon Verbena makes an excellent tea, place 4 leaves in a cup of almost boiling water, let it stand 5", stir, strain, add a slice of lemon and a touch of honey and sip slowly to ease tension, anxiety and stress.

We enjoyed Lemon Verbena Blueberry Muffins, Lemon Verbena Curd Pie with Blueberries, Lemon Verbena iced tea and Asparagus with fried lemon verbena sprinkled on top and several other delicious pot luck items for our lunch.

We have changed the date of this SIG to the fourth Thursdays. at 11am. Our meeting next month is August 27 at Monica Menczer's home.

For SIG meeting information, please contact Marilyn Nyhus ([rudyandmar@yahoo.com](mailto:rudyandmar@yahoo.com)).

### Aromatherapy SIG

The Aromatherapy SIG is back in full swing. We meet monthly at La Madeleine on Broadway (you can arrive early to get a bite to eat). Our next meeting is Tuesday, August 25th, at 6:30pm. Carol White is going to discuss neuropathy.

Please contact Jean Dukes at 210.566.4379 if you would like to join the group or if you have any questions.

### Report from the West—of Ireland's Achill Isle

Sunny and windy-blown greetings from the West of Ireland - we're working hard here: painting the gable end of the house blue, cutting back dead trees and bushes, chasing the sheep off my herb garden and flowerbed, hours spent talking with the neighbors, storytelling in Keel Village, listening to music and enjoying a pint of Guinness in the pubs, walking Ballycroy Hill... it's a hard life!

Photo: the fishing boats, moored in Purteen Harbor.

xxxx Jane McDaniel



### Botanical Garden Expands

Groundbreaking took place on June 30th for an eight-acre expansion of the San Antonio Botanical Garden. One of the most exciting additions will be a huge culinary garden with an outdoor demonstration kitchen that will engage the community in growing edible plants, teaching what vegetables, fruits and herbs

can be grown here, and how they can be cultivated everywhere from an apartment balcony to a small patio. The expansion also includes a family garden where caregivers and children can explore nature together.

The target opening date is spring 2017.

SAHS member Mike Belisle was at the groundbreaking and sent these photos.

Submitted by Lyn Belisle



### Companion Planting and Herbs

#### Basil

In the garden: Plant with tomatoes. Repels flies and mosquitoes.

In the kitchen: Use in tomato dishes, pesto, sauces, and salad dressings.

#### Chives

In the garden: Plant with carrots.

In the kitchen: Related to the onion, chives enliven vegetable dishes, dressings, casseroles, rice, eggs, cheese dishes, sauces, gravies, and dips.

#### Mint

In the garden: Plant near cabbage and tomatoes. Deters white cabbage moth.

In the kitchen: It is common in Middle Eastern dishes. Use with roast lamb or fish and in salads, jellies, or teas.

#### Oregano

In the garden: Good companion to all vegetables.

In the kitchen: Of Italian origin, its taste is zesty and strong, good in any tomato dish. Try oregano with summer squash and potatoes, mushroom dishes, beans, or in a marinade for lamb or game.

#### Garlic

In the garden: Plant near roses and raspberries. Deters Japanese beetle.

In the kitchen: Use in tomato dishes, garlic bread, soups, dips, sauces, marinades, or with meats, poultry, fish, and vegetables.

#### Dill

In the garden: Plant with cabbages. Keep away from carrots.

In the kitchen: Use seed for pickles and also to add aroma and taste to strong vegetables like cauliflower, cabbage, and turnips. Use fresh with green beans, potato dishes, cheese, soups, salads, seafood, and sauces.

#### Parsley

In the garden: Plant near asparagus, corn, and tomatoes.

In the kitchen: Use fresh parsley in soups, sauces, and salads. It lessens the need for salt in soups. You can fry parsley and use it as a side dish with meat or fish. It is, of course, the perfect garnish.

#### Rosemary

In the garden: Plant near cabbage, beans, carrots, and sage. Deters cabbage moth, bean beetles, and carrot fly.

In the kitchen: Use for poultry, lamb, and tomato dishes, stews, soups, and vegetables. Try it finely chopped in breads and custards.

### Chillin' Out Brew—Just in time for August!

submitted by Sandra Lyssy

After a long day in the yard, a few spritzes of this brew will make you feel as cool as a cucumber!

2 tsp witch hazel tincture

10 drops of peppermint essential oil

12 drops of lavender essential oil

Combine these ingredients with enough water to fill an 8-oz spray bottle. Use as needed.

### Homemade & non-toxic Bug Bait

For those of you looking to control ants indoors, did you know you can make a homemade bait with 8 oz mint-apple jelly + 2 Tbs boric acid? Try substituting equal amounts of peanut butter, brown sugar and the 2 Tbs boric acid. Easy and effective. Remember that the bait should be placed well away from YOUR cabinets and cupboards!

**Nature's Herb Farm**

Mary Dunford  
7193 Old Talley Road, #7, SATX 78253  
210-688-9421  
[www.naturesherbfarm.com](http://www.naturesherbfarm.com)

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

*Herb, Cooking & Gardening Classes: Landscape Design*  
210-495-6116  
[drl designs@swbell.net](mailto:drl designs@swbell.net)  
[www.communityed.neisd.net](http://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](http://www.nematodenick.com)

**San Antonio's Gourmet Olive Oil**

Christine Arredondo  
1913 S. Hackberry, SATX 78210  
210-257-5946  
<http://sanantoniooliveoils.com/>

**Bolner's Fiesta Spices**

Mike Bolner, VP, Sales & Mktg  
426 Menchaca, SATX 78207  
<https://www.fiestaspices.com> comp 12/15

**Cris Goloby**

Adjunct Instructor, St. Philip's College  
Dept of Hospitality, Tourism & Culinary Arts  
210-860-7194; [cgoloby@aol.com](mailto:cgoloby@aol.com) comp 12/15

**It Makes Scents**

*Natural Health Counseling & Essential Oils*  
Jean Dukes, RN, CNHP, Cert. Aromatherapist  
210-566-4379  
[itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[www.youngliving.org/makescents](http://www.youngliving.org/makescents)

**San Antonio Yoga Center**

Randy Mass, ERYT, Studio Manager  
11011 Shaenfield Road, SATX 78254  
210-523-SAYC (7292)  
<http://www.sanantonioyogacenter.com>  
[randy@sanantonioyoga.com](mailto:randy@sanantonioyoga.com)

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210-635-7269  
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**Yvonne Baca, LMT**

*Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations*  
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[www.lynbelisle.com](http://www.lynbelisle.com)  
[lyn@lynbelisle.com](mailto:lyn@lynbelisle.com)

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[www.thehumanpath.com](http://www.thehumanpath.com)  
[Sam@thehumanpath.com](mailto:Sam@thehumanpath.com)

**FloraScape**

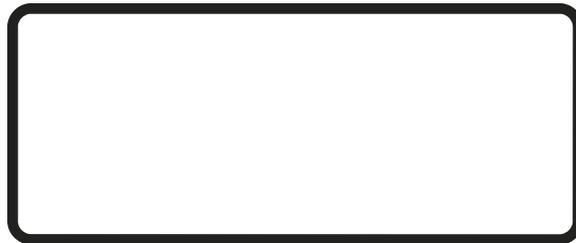
Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
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