



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

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, September 9, 2010 All About Tea (It's not what you think!)



...from Gadgets to Gongfu

Camellia sinensis has been used by humans for thousands of years as a medicinal herb, ceremonial element, legal tender, social lubricant, and more. This program will present the tea-ways of today and how they carry the herb forward into a 2010 United States. We'll look at tea tools and methods, their pros and cons ... plus how to easily decaffeinate our tea at home. We will examine the dichotomy of tea connoisseurship vs. an explosion of flavored blends. There will be Q & A time, and of course, tea time. Pure leaf, classic, single origin teas will be featured for your tasting pleasure. Tea service will include Dax's best South Texas rendition of Chinese *gongfu chadao*, as well as the more familiar Western or European manner. Hang on to your cup(s)!

Members whose last name begins with G-M are asked to bring a snack for the hospitality table. Don't forget to bring the recipe to share. AND don't forget to meet and greet any visitors or new members and show them around.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, check out our website at www.sanantonioherbs.org



Getting Ready for the Herb Market, October 16

Ever been to the annual Herb Market? The one that used to be out at Aggie Park and last year moved in to the Pearl complex off Grayson street? Oh, honey, you've missed a fun time. Speakers have not yet been announced, but if the quality can be anticipated to be anything like those of years past, we're in for more treats this year. With slight changes in tent, vendor and presentation locations throughout the complex, everyone and everything will be easy to find. Old friends and many traditional vendors as well as new ones will be there, so come on out—it'll be one fine Saturday and one well spent.

See Diane Lewis to sign up as a volunteer. We usually work in 2-hour shifts, but you can always stay a little longer. SAHS will be selling our cookbooks, resource guides, booklets and (ahem) memberships along with helping those folks who look to us for information and other tips about herbs. SAHS will ALSO provide volunteers to man the Herb Market Association's tee-shirt table. We help see the shirts and the Association helps us with the booth fees and vendor's insurance. Such a deal. Hours are 9am to 5pm. The Pearl Farmer's Market will be going on at the same time in an adjacent parking area (9am to 1pm).

Sign up soon and mark October 16th on YOUR calendar.

Tired Tootsies?

Pioneer Thinking recently ran this recipe for a footbath:

- 1 Tbs Honey
- 1 Tbs Liquid Soap (dish soap works, too)
- 1 tsp Vanilla Extract or a few drops essential oil (for fragrance)
- 2 tablespoons Sweet Almond Oil

Small tub and warm water. The soap makes it a little foamy, the honey is antibacterial and acts as a moisturizing antioxidant. Not bad for simple pantry supplies.

From the Old Farmer's Almanac:

Autumn begins September 23.
 Next full moon is September 24th, the Full Corn Moon. This full Moon corresponds with the time of harvesting corn. It is also called the Barley Moon, because it is the time to harvest and thresh the ripened barley. The Harvest Moon is the full Moon nearest the autumnal equinox, which can occur in September or October and is bright enough to allow finishing all the harvest chores.

Members' Sale Tables at General Meetings

Contact Jean Dukes to reserve a table at least 2 weeks prior to the meeting.

Have your sales table set up by 6:30 pm and removed by 9 pm.

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.



Hospitality Table Schedule:

Sept: G-M
 Oct N-S
 Nov T-Z

December Banquet: ALL
 Jan: A-F

Hospitality needs some help.

Inside this issue:

Member Recipes	2, 6, 7
Over the Fence	3, 4
August Minutes and Meeting Report	4, 5
Treasurer's Report, Membership Report	5
Brian's Garden To-Do List	6

Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com



Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the August meeting

Sage Bread

Submitted by Eileen Achorn

2 ¼ - 2 ½ C. all-purpose flour, divided
2 C. whole wheat flour
2 (1/4 oz) envelopes active dry yeast
1 Tbs minced fresh sage
1 ¾ C. milk
¼ C. firmly packed brown sugar
2 ½ Tbsp butter
1 tsp salt
¼ C plus 2 Tbs yellow cornmeal, divided
1 large egg, lightly beaten
1 Tbs water

Fresh sage leaves

Put the milk, brown sugar, butter and salt in a small saucepan and cook over low heat until the butter melts – stirring often. Cool to 120 – 130°F.

Combine 1 c. all-purpose flour, 2 c. whole wheat flour, the yeast and the fresh sage in a large bowl; mix well. Gradually add the cooled milk mixture to the flour mixture. Beat well – 3+ minutes by hand. Stir in ¼ c. cornmeal and remaining 1 ¼ - 1 ½ c. all-purpose flour to make a soft dough. Turn dough onto a floured surface and knead until smooth and elastic (6 - 8 minutes). Shape into a ball and place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place until doubled – about 30 minutes. Punch down dough. Turn only a lightly floured surface; knead lightly 4 or 5 times. Divide in half and cover and let rest for 10 minutes.

Lightly grease a baking sheet and sprinkle with 2 Tbs cornmeal. Shape each loaf into oval, circle or rectangle. Place on prepared baking sheet. Combine egg with 1 Tbs water. Brush each loaf with egg mixture. Place fresh sage leaves decoratively on top of loaves. Cover with waxed paper and then with tea towel and let rise 20 minutes or until doubled.

Brush again with egg but do not brush sage leaves.

Bake at 375°F for 25 – 35 minutes or until golden. You may need to cover loaves with foil during the last 10 – 15 minutes to prevent excessive browning. Cool on a wire rack.

Wheatberry Nut Bread

Submitted by Eileen Achorn

1 C. cooked wheat berries
1 Tbs active dry yeast
1 ¾ C. warm water (about 100°F)
2 Tbs olive or canola oil
2 Tbs honey
1 ½ tsp salt
1 C. whole wheat flour
3 – 3 ½ C. all-purpose flour
1 C. walnuts, coarsely chopped

Sprinkle yeast over ½ C. of the warm water in a large bowl; let stand until foamy (about 5 minutes). Add wheat berries, remaining 1 ¼ C. warm water, oil, honey and salt; stir until blended. Stir in the whole wheat flour and 2 ½ C of the all-purpose flour. Add another ½ C. of the all-purpose flour and the nuts; stir until combined. Turn dough out onto a floured board and knead until smooth and elastic (about 20 minutes), adding flour as needed to prevent sticking. Place dough in a greased bowl; turn over to grease top. Cover with plastic wrap and let rise in a warm place until doubled (about 1 hour). Punch down dough and knead briefly to release air. Cut dough into thirds. Shape each piece into an oblong. Place each onto large greased baking sheets (2 can fit – well apart – on 1 sheet). Cover lightly and let rise in a warm place until doubled (about 45 minutes). Bake, uncovered, in a 375°F oven until

loaves are browned and sound hollow when tapped on bottoms (30 – 35 minutes). Transfer to racks and let cool. Makes 3 loaves – about 8 – 10 servings each.

Hot Pepper Relish

submitted by Sandra Lyssy
Sure*Jell™ Powdered Pectin

(Makes about 6 cups)

10 large jalapeño peppers
2 medium green peppers
3 medium red pepper
1 cup cider vinegar
5 cups of sugar
1 package sure jell powdered pectin

Bring boiling water canner, half full with water, to simmer.

Wash jars and screw bands in hot, soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling. Protect hands with rubber gloves while preparing peppers. Stem and halve all peppers; discard seeds. Finely chop peppers. Total chopped peppers 4 cups. Measure exact amount of prepared fruit into 6 or 8 quart saucepot. Measure exact amount of sugar into separate bowl. Stir 1 box pectin into peppers in saucepot. Add ½ teaspoon butter or margarine to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that does not stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam. Ladle quickly into prepared jars filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. Water must cover jars by 1 to 2 inches; add boiling water if needed. Cover; bring water to a gentle boil. Process jams for 10 minutes. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of the lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Let stand at room temperature 24 hours. Store unopened jams in cool, dry, dark place up to 1 year. Refrigerate opened jams up to 3 weeks.



Santa Fe Wraps

submitted by Carol Hamling (from a Paula Deen recipe)
(Carol notes to use a light hand with the cream cheese)

2-8oz packages cream cheese, softened
1 C sour cream
1 (4 1/2 oz) can chopped green chilies
1 (4 1/4 oz) can chopped olives
1 C (4 oz shredded pepper jack cheese
2 Tbs salsa, plus salsa for dipping, optional
1/2 C green onion tops, sliced
1 C chopped fresh spinach
2 packages flour tortillas (large, burrito size)

In a large bowl, beat cream cheese until creamy. Then add sour cream, green chilies, olives, pepper jack cheese, salsa, and onion tops. Beat at medium speed. Stir in spinach. Spread mixture evenly over the surface of each tortilla. Roll up tortillas tightly and cut each tortilla crosswise into 6 slices. Skewer each wrap with a toothpick. Serve immediately or chill.



Continued on page 6

Over the Fence...

2010 Program Line-up



September: Tea—History, Traditions and Health with -- Dax, Kim and Aldrea, members of San Antonio Tea & Herb Enthusiasts, <http://www.meetup.com/SA-Tea-Herb/>

October: Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?" Judy will discuss how to use common and not-so-common herbs both inside and outside the home. Herbs are so versatile, they can perk up dinner, soothe a tummy ache, clean up the kitchen and keep mosquitoes from biting. This program will show how herbs can be fun and useful inside and outside your home. Lots of time for answering gardening and use questions.

November: SAHS member Diane Lewis on Landscape planning

December: annual winter member-only banquet. If you'd like to help coordinate this event, please see any board member.

Next Board Meeting

September 27, 6:30 pm. These meetings are open to the general membership. 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.

Tee-shirts, totes and aprons available

Talk to Patty Wilson at the sales table at the next meeting.

SA Botanical Garden Events

Playhouses and Forts exhibit throughout the Garden until September.

September plant sale is the 18th, 9am to 1 pm at the greenhouses. Marguerite Hartill & Marilyn Nyhus will be selling a few of our cookbooks along with the excess herbs that have been propagated.

Carol-lee Fisher's Fall & Winter Herbal Remedies

She's at it once more this fall, teaching small-sized classes with topics focused on keeping ourselves whole & healthy when the cold and flu bugs are rampant. A series of 4 sessions will cover Respiratory Tea; Steam & Gargle; Healing Soups and Sleep teas; Essential oils, Inhalers, Netti Pots. Of course, each session will begin with an appropriate soup & salad then flow right into a short lecture. Call Carol-lee at 210-473-0872 soon.

Lyn Belisle's "Kindle" covers are Art.

So who else saw the really complimentary write-up on Lyn's newest artistic endeavor, the collaged Kindle cover? Published by the SA Express-News on August 18, the article covered Lyn's background and discussed how she came about this particular idea and the success she's had with it already. The E-N archive can be reached via this web link <http://www.mysanantonio.com/entertainment/books/100938519.html?showFullArticle=y>.

Congratulations, Lyn, on providing us with pleasing things to see.

Internet "MeetUp.com"

The SAHS is investigating using the "Meetup" web pages as another venue for advertising our organization. If you have experience using this site, please give your input to any board member.

Public Service note to help our 4-legged pals:

In regards to the local problem of over-full animal shelters, check out the City's latest effort to get the word out to every-

one. This latest is a collaboration of the City of San Antonio Animal Care Services, Alamo Area Partners for Animal Welfare, and the San Antonio Area Foundation Consortium of Partners. <http://talkaboutitsa.org/>

Another Public Service note and the disposal of expired medications

San Antonio Water System helped collect more than 1,300 pounds of unwanted or expired medications as part of its initial MedDropSA program. MedDropSA is a partnership between San Antonio Water System, the San Antonio Police Department. MedDropSA will host a series of collection events whereby residents can drop off old medicines. San Antonio police officers collect the medications, remove all identifying information and ensure that they are disposed of safely. The next scheduled event will be Sept. 11 at the Alamodome.

Greeters

In order to help our visitors feel more welcome, SAHS board is asking members who arrive a little early also make the effort to hang around the front door and help out Gayle with the meet-n-greet duty. Sometimes, all you need to do is to give the visitor a m

inute to get signed in, then introduce yourself and offer to help the visitor find a good seat or something cool to drink and maybe have a nice conversation in the process. Help us help our visitors and thanks!

From the Herb Companion's online e-news, a thought

The end of the summer is the perfect time to start readying your seeds for next year's garden. Proper seed organization and storage will save yourself from a lot of time down the road. Consider investing in, or making your own, partitioned container; this will eliminate countless bags of "mystery seeds," allowing you to organize and label your seeds more efficiently.

There are many strategies to keep your seeds safe during the harsh winters until the spring planting season. (Store them in a cool, dry, dark place to ensure a fruitful garden.) Herb Companion's online articles also show you how long your seeds will keep if you're having trouble deciding what to save and what to toss.

Taking the time to organize your garden seeds during the winter will be an inspiration for spring planting.

/by/ MICHAEL OTTEMAN

Mitchell Lake Audobon Center 6th Annual Fall Wildlife Festival & Plant Sale

All Aboard for the 6th Annual Fall Wildlife Festival & Plant Sale at Mitchell Lake Audobon Center. This is a great way to introduce yourself and your family to Mitchell Lake. Open to the public, this event is both educational and acts as a low-key fundraiser for the center. The restoration of this area as a wildlife conservation area of progressing through events such as this.

Saturday, October 23rd, 9 am to 4 pm, FREE entry, many activities including: hayrides, SAWS Autumn Bloom Giveaway, Kids Birdhouse Building with Home Depot, Raptor Show with Last Chance Forever, Butterfly Walks, Kid's Crafts, Reptile Exhibit, Info booths, Great Native & Drought Tolerant Plant Sale, Solar Viewing with the San Antonio Astronomical Association, KLUP live radio broadcast, TPW Animal Safari, Great Vendors, LHI Chuck Wagon, Native Plant Walks, Green Haven Industries and the Salado Creek Foundation.

Minutes of the August General Meeting

August 12, 2010

Meeting started about 7:00p.m. Yvonne Baca, president welcomed members and new attendees. Special thanks to Sandra Lyssy and Marilyn Nyhus for setting up hospitality table and decorations.

July minutes were approved as well as June treasurer's report.

Yvonne had only a few general announcements.

Diane Lewis announced the annual Herb Market (October 16th) and explained the need for volunteers for both the SAHS table and the Herb Market's tee-shirt table.

Yvonne introduced the evening's program: a show-n-tell by all the membership present. See separate article.

At end of meeting Carol Hamling called off door prize winners for the various items brought by the members tonight. Please don't forget: September's meeting is about tea. Meeting was adjourned at 8:50pm.

August Program

Members' Show-n-Tell and Share

The Show-n-Tell-n-Share portion of this meeting was terrific, and way too much to talk about. Here's the gist of what we saw and heard:

Jean Dukes recycles toilet tissue tubes to make seed starter pots

Beverly Tibbs shared recipes from her SIG's spa day (rosemary cream for rosatia)

Carol Hamling told a story about the passion vines growing in her yard. They are from cuttings from her mother's garden. Yvonne Baca shared her enthusiasm for comfrey (aka knitbone) as an all-purpose healing herb. She reminded us of the "BooBooGoo" sold by Shari Kilman of Boerne - it uses comfrey as a primary ingredient.



Rosemary Michel gave us several remedies for insect stings (amonia or vinegar) plus one for fungal infections of the skin (peroxide and Vicks' vaporub). She was backed up by Aldrea DiFlauro (visitor) with the novel idea of putting scotch tape over a mosquito bite to relieve the itch and inflammation.



David Dawson showed us his latest favorite book, The Southern Kitchen Garden by William Adams.

Mike Belisle promoted the Kitchen Pride mushroom growers over in Gonzalez. Mushrooms no-kidding fresh-picked. Prices are terrific and worth a trip when several people go in together and buy in bulk. www.kitchenpride.com or call Mike.

Lyn Belisle demonstrated using parchment paper to cook a simple fish recipe. See her recipe elsewhere in this issue. Using the parchment paper holds in flavors and moisture and can be tossed in the compost pile afterwards.

Sheila Mangra showed us how she uses old canning jars to store a variety of things. Colored plastic file folders are cut



into circles and serve as identifiers for the jar lids. She likes to freeze buttermilk for cooking (she doesn't use it fast enough, so freezing it is the perfect solution - especially in those color-coded jars!) Note: vinegar damages the surfaces of the typical canning jar lid, so use caution.

Jeanne Hackett brought a favorite cookbook, The Vegan Italiano and bragged on the terrific recipes and ideas therein. She also brought us her latest craft, a bay leaf wreath! It smelled heavenly and may have ended up a little bare for the sharing.

Evelyn Penrod decided to share with us five things she's learned this year: 1- Cut back tomatoes instead of replacing the entire plant, 2-Malabar spinach is a vine and very good, 3- thin lavender when the flowers are done, 4-corn has no nutritional value, 5-Luther Burbank was a noted horticulturist in California.



Sandra Lyssy brought a bunch of jars of her home-canned jalapeño jellies and relishes. AND put a few jars out for door prizes! Her recipes are elsewhere in this issue. Try Hot Pepper Relish, Jalapeño Jelly and Hot Pepper Jam.

Marilyn Nyhus brought her latest favorite tool, a garden knife, from A.M. Leonard along with a nice sugar scrub to pass around.

Diane Lewis brought rooted cuttings from her "Green Pepper" basil (ocimum sel-loi). It really does look like basil and smell like green pepper! She describe a little about its origins (So. America) and the growing habits.

Valerie Perez, new member, brought some rooted cuttings of basil and balms to give away. These and other items in her garden are from her grandma's. She also brought a fairly large specimen of a kapok or silk floss tree (originally from So. America).



Eileen Achorn brought some bread made with wheat berries (recipes elsewhere in this issue) and practically raved about the flavor and nutritional value she's

discovered in this little gem. The breads? Sage, Wheatberry with Walnuts and Garden Vegetable with Pizza Sauce & Cheese. She also brought a pair of multi-



bladed herb-chopping scissors and bragged on those a little, too (bought at "Kiss the Cook" in Boerne).

Barbara Peters, long time SAHS member, brought several books she's lately discovered during the Round Top festivals and talked about how she's going through her bookshelves and working on cleaning them out. She gave one of the books away.





Jackie Compere, another long time member and conservation enthusiast, gave us information about a business called "Dave, the Barrel Man" (210-534-5416) as being a great place to get rain-catchment barrels and/or the stuff to make your own. She also showed off some souvenirs and a brochure she

picked up while recently visiting the Chicago Botanical Gardens.

Kathy Bailey showed off some unusual jewelry utilizing herbs.

Peggy Mahan likes to quilt and showed off some sachet-type constructions with various herbs hidden inside.

Emily Solis offered up the practicality of using old mini blinds to cut and use as garden markers. All it takes is a sharp knife and permanent marker.



Barbara Clark compared the "no-mow" zones in Volker Park to some in her yard. SHE also likes to grow her green onions in pots for a year-round supply of chives.

David Urso brought jewelry also



utilizing herbs.

Carol and Lyn got the rest of the door prize slips in the bag so we could give lots of stuff away.

Thanks to everyone who brought themselves and their stories!



Oh yes, one more thing. We had to pull out more chairs!! (Thanks, Mike!) Thanks, everyone for coming out and filling up the room that night. (ed: If I've missed anyone, apologies all around. Please let me know if there are corrections needed.)



Special Interest Groups (SIGs)

If you have a particular area of interest, Get in touch with one of our SIG leaders. They'll help you get one started. Here's your chance to do even more herbal things during the month!

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.

Treasurer's Report, July 2010

Submitted by Kathryn Seipp

INCOME	
Membership	120.00
Plant Sales	0.00
Bundled book Sales	65.65
Shirts, Aprons, Totes	0.00
Miscellaneous Sales	0.00
TOTAL INCOME	185.65

EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Postage & Delivery	16.20
Printing & Engraving	54.06
Rent Expense	35.00
Storage Rent	174.00
Total Expenses	374.26
Total (Income-Expenses)	(188.61)

ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	4,269.46
Frost Savings	2,386.49
TOTAL Cash and Bank Accounts	7,910.04
TOTAL ASSETS	7,910.04
LIABILITIES	0.00
OVERALL TOTAL	7,910.04

From the Membership Chair

NAMETAGS

Nametags will be ordered in SOON. We have a few new members who are due their nametags and who I will have contacted about how you'd like your name to appear. Remember, if you lose your nametag and need a replacement, see me at the membership desk or contact me by phone or email to place an order. Replacement tags are \$12.50 and must be paid for before the order is placed. **The next nametag order will be placed following the September meeting.**

Submitted by Gayle Morris, Membership Chair



Hearty Handshakes to...

Evelyn Penrod. Such tireless efforts toward obtaining our new toll-free phone number PLUS being a part of the Herb Market Association Planning group certainly deserve our heartfelt thanks!

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only and a person may have a reaction to any herbal product even though it is not a toxic substance.

Brian's September To-Do List for The Garden

Compiled by MG Brian D. Townsend

"Half the interest of a garden is the constant exercise of the imagination."
—Mrs. C.W. Earle, *Pot-Pourri from A Surrey Garden* (1897)



1st Week:

Plant perennials like asters and garden mums for fall color.

It is not too late to get fall tomatoes in the ground. Surefire is the quickest to mature, but Sun Master, Solar Fire, and Sun Pride are also good choices. If tomatoes have been in the ground and are growing, now is a good time to apply a slow-release fertilizer.

Prune perennials, such as butterfly weed, cigar plant, four o'clocks and Ruellia, that bloom well into fall.

If leaves and pecans are dropping, it is in response to heat and dry weather. Watering deeply at the drip line once a month will help.

Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6–8".

In Our Herb Garden:

Plant frost-tolerant herb transplants and seeds from now until mid-November. This may be the best time of the year to plant (or transplant) herbs! Include annuals from seeds (parsley, dill, cilantro, anise, chervil, chamomile, edible flowers and greens), annuals from transplants (parsley and chervil), and perennials from well-established transplants (chives, rosemary, sage, salad burnet, and English thyme).

Plant everlastings for spring harvesting: perennials such as bergamont, yarrow, puchellum and annuals such as statice, larkspur and strawflowers.

Harvest basil and preserve by freezing as an oil paste.

Repot container-grown perennials as needed.

2nd Week:

Fall is for planting. Plant garden mums and fall marigolds (choose mums in full bloom, but select marigolds that are not yet blooming). Plant hardy trees, shrubs, vines and groundcovers from now until mid to late November.

Remove seedpods from esperanza and poinciana so they will keep blooming.

To attract butterflies, plant mist flower (eupatorium), lantana, butterfly weed (asclepias), buttonbrush (cephalanthus) and indigo spires sage.

3rd Week:

Dig and divide spring or summer blooming perennials. Fertilize tomatoes with 1/2 cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.

To attract hummingbirds, plant cardinal lobelia, trumpet vine, lantana, Turk's cap, and autumn sage. During their fall migration, which begins in July and ends

in mid-October, hummingbirds linger for days or weeks at a time.

Divide perennials such as daylilies and irises. Use a sharpshooter shovel to divide the clumps and transplant into sun areas. Remove 30–40 % of the foliage from the transplants to reduce stress.

4th Week:

Make sure your crape myrtles are starting to go dormant. If not, stop watering and remove their mulch.

Perform final pruning of hardy shrubs and vines; but not those that bloom in spring.

You still have time to sow wildflower seeds in your landscape, as well as in waste places around your neighborhood.

Try ornamental kale for colorful, fringed foliage with inner leaves of red, white, rose and pink.

Lightly prune and fertilize geraniums and begonias for further blooming.

Sow seeds of snapdragons, dianthus, pansies, and other winter flowers in flats for planting outdoors in October.

Mums are setting buds now. Pinch off about 1/3 of the buds to encourage larger flowers in fall. Fertilize them with a balanced fertilizer, such as 20-20-20, to increase flowers and healthy foliage.

**In updating this collections of useful tips, I have come across several comments, instructions and chemicals that are being replaced with newer techniques and materials. In some cases, I do not want to change what others have written, but I need to bring "them" up-to-date by putting a "(?)" right behind the point in question and maybe adding my own two-cents worth. - me*

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.

Member Recipes, con't from p. 2

Cilantro Pesto

From the SAHS Cookbook, Vol. II, Submitted by Jean Dukes

2 cups fresh Cilantro (loose)

½ C fresh parsley

½ C olive oil

3 Tbs pine nuts

2 cloves garlic

¾ C grated parmesan

2 Tbs butter (optional)

salt to taste

Can keep overnight by putting a layer of olive oil over top to preserve. Blend first 5 ingredients in blender or food processor. Add remaining ingredients by hand.

I like to serve them with rice crackers.

Parchment Folding How-To,

Mango Chicken-in-Parchment

submitted by Lyn Belisle

1. Cut 4 sheets of parchment, each measuring 13 inches square. Working with one sheet at a time, fold paper in half (but do not crease). Holding edges of paper together, make a 1/2-inch fold, and crease.

Continued next page

Make another 1/2-inch fold in the same direction, and crease to form a seam.

2. Lay packet flat with seam centered on top.

3. Press center seam (fold side down) to flatten. Press both long sides to flatten packet.

4. Flip paper over. Make a 1-inch fold on one short end, and crease. Make another fold in the same direction, and crease to seal. Repeat on opposite end. Flip paper over, seam side up.

The recipe ingredients

1 large mango

8 chicken cutlets (I used 6 small, boneless, skinless thighs)

1 piece fresh ginger (about 1"), peeled and cut into match-sticks

1/3 cup fresh cilantro leaves

1 medium jalapeno, thinly sliced (remove the seeds and membrane if you don't like a lot of heat)

salt and pepper

1 teaspoon extra virgin olive oil, lime wedges, for serving

Directions

Pre-heat the oven to 400°F . Peel the mango and slice into bite-sized chunks. Divide the mango chunks in half, and place them in the center of 2 large sheets of parchment paper. Top the mangoes with chicken, ginger, jalapenos, and cilantro. Drizzle 1/2 a teaspoon oil over each packet. Sprinkle with salt and pepper. Bring the edges of the parchment up to meet in the middle, and then fold them over, creating a seam. Twist the open edges, sealing the packets shut. Place each packet on a cookie sheet and bake for 18-20 minutes. To serve, place the packet directly on a plate and loosen the folds a bit to allow some of the steam to escape before fully opening the packet.

Garden Vegetable Bread

submitted by Eileen Achorn

First, prepare the Garden Vegetables:

Cut one medium-size onion in half lengthwise; then slice crosswise 3/4 inch thick.

Heat 2 Tbs olive oil in wide frying pan over medium heat.

Add onion and 2 cloves garlic, minced or pressed.

Cook, stirring often, for 10 minutes.

Add 1/3 - 1/2 C of 1" chunks of Roma tomatoes or whole cherry tomatoes.

Cook, stirring, until tomatoes are softened. Let cool.

Meanwhile, seed 1/4 each of a red and green bell pepper and cut into narrow strips and then into 1/2 - 3/4" chunks.

Cut 1 small carrot, 1 small stalk celery and 1 small zucchini or summer squash into 3/4" diagonal slices.

Prepare 3/4" broccoli florets and 2 green onions cut into 1 1/2" pieces. Bring 3 cups of water to a boil in a saucepan. Cook vegetables separately - 1 minute for carrot and broccoli, 45 seconds for squash and peppers, 30 seconds for celery and green onions. Lift each from the pan with a slotted spoon and plunge into ice water to stop cooking; then drain well. Pat dry and add to tomato mixture.

Bread:

1 package active dry yeast

3/4 C warm water (about 100 F)

1 large egg

1/2 - 1 tsp salt

1 Tbs sugar

1 Tbs each minced fresh thyme and fresh tarragon

1/4 C. minced fresh basil

1/4 C. grated Parmesan cheese

1 C. whole wheat flour

Approximately 3 C all-purpose flour

Sprinkle yeast over warm water in a large bowl and let stand until foamy (about 5 minutes). Add egg, salt, sugar, thyme, tarragon, basil, oil, cheese, whole wheat flour and 1 1/2 C of the all-purpose flour. Stir until blended. Turn dough onto a floured board and knead until smooth and elastic (8 - 12 minutes), adding flour as needed to prevent sticking. Add 1/2 C of the all-purpose flour to the vegetable mixture and stir gently to coat. Gradually knead the vegetables into the dough (do not mash) until evenly distributed; adding flour as necessary (dough should feel somewhat sticky). Place in a greased bowl; turn to grease top. Cover with plastic wrap and let rise in a warm place until doubled (about 1 1/2 hours).

Punch dough down; turn out on a well-floured board and sprinkle dough with flour. Knead until dough is soft but no longer sticky, adding more flour as needed. (The rising dough will have absorbed water from the veggies so 1/2 - 2/3 C of flour may be needed here.) Shape into a round and place on a greased baking sheet. Cover lightly and let rise in a warm place until puffy (about 30 minutes).

Bake, uncovered, in a 350F oven until well browned; 40 - 45 minutes. Transfer to a rack and let cool briefly. Serve warm (10 - 12 servings.) This is good served with pizza sauce and mozzarella cheese.

Note: I've NEVER been able to get one dough recipe to absorb all the veggies so I double the dough ingredients and divide the bread in half after the first kneading. I then knead 1/2 of the garden veggie mix into each dough portion.

'10 - '11 SAHS Board Officers

new info phone 1-888-837-4361

Yvonne Baca - President

210-313-8705 (cell), yvonne943@yahoo.com

Jean Dukes - Vice President Programs

210-566 4379, 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Karen Abel - Secretary / Recording

210-326-8685; kl89murray@yahoo.com

Kathryn Seipp - Treasurer

210-495-3591, kseippccc@aol.com

Jeanne Hackett - Publicity / PR

210-735-5333, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

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

Other Contacts

Marilyn Nyhus - programs assistant

210-643-1380 (cell); rudyardmar@yahoo.com

Maria Luhrman - membership assistant

210-474-0550; mluhrman@yahoo.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

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

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

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

A Total Domain

San Juanita Preciado,
Residential & commercial contractor, with
emphasis on interior design
www.atotaldomain.com
Email: sj@atotaldomain.com
(210) 744-1707 (cell)

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
www.inhomeseniorcare.net

Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors
18756 Stone Oak Pkwy Ste 101
San Antonio, TX 78258
210-617 0544 Cell
210-483-7509 Business
210-483-4709 Efax
lstanley@cbharper.com



The Hermits Garden

Jan and Phil Conwell, Resident Hermits
Custom Leather and Folk Art
conwell@hermitsgarden.com
<http://hermitsgarden.com>

Here's To Yum Bistro

Charles Harzman and Rene Maldonado,
chefs/owners
8407 Broadway
San Antonio, TX 78209
210-826-4223
heres_to_yum@yahoo.com

Health by Choice

"Nutrition That Works"

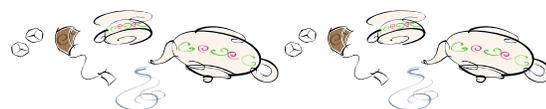
Sil & Yoli Huron, BA, CNHP
Certified Natural Health Counselors
210-735-9053
Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

Herbology and Wilderness Medicine
Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com



PLEASE SEND TO:



*new info phone 1-888-837-4361

www.sanantonioherbs.org

San Antonio, TX 78209

PO Box 90148

The San Antonio Herb Society

