



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 258, September 2011

*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 08, 2011 Mary Dunford and Fall Herb Gardening



In 1984 Mary Dunford made her passion for plants a reality when she opened Nature's Herb Farm.

With a homemade greenhouse, she began selling her potted plants and fresh cut herbs in the S.A. area. Her son, Shane, joined the company in 1990 and together they built the company from ground up. Today, Nature's Herb Farm is primarily a wholesale distributor but they are also open to the public, so feel free to come by and get your plants for your garden directly from the grower. Nature's Herb Farm grows over 300 varieties of herbs, succulants, vegetables, annuals and perennials. They are justifiably proud of their large selection of plants and outstanding service to their customers.



Members' names T-Z, please bring an appetizer (with its recipe!) a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely 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](http://www.sanantonioherbs.org)

### October Herb Market & Susan Belsinger

NOW is not too early to mark your calendars for this year's Herb Market, October 15. Some of the features of the Market: Herb plants, books, and products for sale; Free programs and demonstrations; "Ask the Experts" booth; GVST and Master Gardeners Booths; Rain water harvesting and drip irrigation demos.

The SAHS will be out in force—but ONLY if you call Diane Lewis today and get your name on the volunteer list. We need folks to staff not only our own book sales table, but the t-shirt sale table for the Market sponsor. Help with this second table does two things: Give our club a bit more exposure AND pays our booth fee for the market. "Many hands make light work."

Besides, it's so enjoyable to spend the day with friends who are all focused on our favorite plants and products: Herbs and all things herbal!

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Now then, not only is it a great day for all things herbal, SAHS gets to hear the Market's featured speaker a few days early at our general meeting (October 13). That just makes the entire week a great one! **Ms. Belsinger** has a national following from her extensive experience as a herbalist, writer and speaker. SAHS will arrange for special seating that evening—we know the house will be full!

### Gardener's Quick & Dirty Test

Found in a general gardening article: Take two samples of dry soil (about 1/4 C each), mix with distilled water to make two liquid "mud" batches.

Pour household vinegar over top of one. If the mixture fizzes, the soil is alkaline.

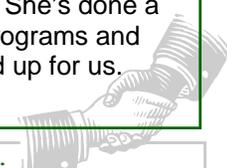
Sprinkle baking soda over top of the other. If the mixture bubbles, the soil is acidic.

This won't give you a specific reading, but it can give you an idea whether or not your soil is acidic or alkaline. If neither test produces a reaction, you have fairly neutral soil

### Hearty Handshakes

to Marilyn Nyhus, our program chair. She's done a terrific job of arranging some great programs and presenters and has much more lined up for us.

Thanks so much!



### Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

### Hospitality Table Schedule:

Oct: A-F  
Nov: G-M  
Dec: All, Banquet  
Jan: N-S  
Feb: T-Z

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GO TEXAN.

Be sure to view the unabridged version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

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

## Member Recipes

Here are the recipes provided with some of the fine foods brought to the July general gathering.

### Cajun Crab Cakes

submitted by Anonymos as found online at foodnetwork.com

Ingredients:

32 oz claw crabmeat  
2 C plain bread crumbs  
2 Tbs Dijon mustard  
1 Tbs hot sauce  
1 Tbs Cajun seasoning-  
recipe follows, but "store-bought" is fine, too  
3 eggs  
1 red onion, minced  
vegetable oil, for pan-frying

Directions:

Preheat oven to 250°F.

Flake the crabmeat into a large bowl and add the bread crumbs, mustard, hot sauce, Cajun seasoning, eggs and onion. Mix well but don't overwork or the cakes will be mealy. Divide the mixture into 16 balls and flatten slightly to form the cakes. (At this point, the cakes can be refrigerated overnight or frozen up to one week.)

Pour 1/2 inch of vegetable oil into a medium saucepan over medium-high heat. When oil is hot, fry the cakes in batches until golden brown, about 3 minutes per side. Remove with a slotted spoon and drain on paper towels. Keep warm in a low oven until ready to serve.

#### Cajun Seasoning

Ingredients:

1 tsp salt  
1 tsp paprika  
1 tsp dry mustard  
1 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp black pepper  
1/4 tsp cayenne

Mix all ingredients together and store in an airtight container. Yield about 5 teaspoons.

### Insalata Caprece (Capri Salad appetizer)

submitted by Kathryn Seipp

Ingredients:

1 pt grape tomatoes  
8 oz fresh Mozzarella cheese  
Fresh basil leaves, rinsed and patted dry  
3 Tbs olive oil (or to taste)  
3 Tbs balsamic vinegar (or to taste)  
ground pepper (to taste)  
salt (to taste)  
toothpicks

Directions:

Slice the Mozzarella to 1/4-inch thick and about the size of the tomato. Slice the grape tomatoes in half. Assemble on the toothpick in the following order. Tomato half, one basil leaf, Mozzarella cheese slice, and other half of the tomato slice. Arrange the appetizers on a tray and sprinkle with the olive oil and balsamic vinegar. Season with salt and pepper. Cover with plastic wrap and chill until ready to serve.

### Other dishes presented:

Black Bean and Corn Salad  
recipe by Diane Lewis, See SAHS Cookbook, Vol II, page 61

Baby Red Potatoes with Boursin cheese and chives  
dish presented by Barbara Quirk

## Over the Fence...

### 2011 Program Line-up



**October:** Susan Belsinger, herbalist, writer and lecturer; last minute plans before the annual Herb Market on the 15th. Seating will be limited. Tickets available from any Board member.

**October 15:** The Annual Herb Market "Celebrating Twenty Years of Herbs", Pearl complex, 9a to 5p; Visit [www.sanantonioherbmarket.org](http://www.sanantonioherbmarket.org) or call (210) 688-9421 for more info. Diane Lewis chairs the SAHS booth. Volunteers needed for both the SAHS AND the Market sales booths.

**November:** Mike Behrend of Green Vegetarian Cuisine and Coffee, a vegetarian and kosher restaurant

**December:** Member Winter Banquet; coordinator needed

**2012 Tentatives:** Rose Herbal (by SAHS members); Bill Varney of *Urban Herbal*; Cindy Meredith of the *Herb Cottage* in Hallettsville

### Have ideas for programs?

Contact Marilyn Nyhus or Marguerite Hartill program chairs with your suggestions.

### Next Board Meeting

September 26, 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

The new SAHS bags are sized up with longer handles and are terrific for a blanket and extra bottle of water for those summer outdoor concert sessions and are equally at home in your grocery cart.

### Help SAHS Publicity Get the Word Out!

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at [jeannehackett@sbcglobal.net](mailto:jeannehackett@sbcglobal.net), or call at 210/735-5333.

### SA Botanical Garden needs Volunteers

With the extreme heat and continuing rainless weather, volunteers needed to help maintain the garden watering schedule. Contact Cindy Sims, [cindy.sims@sanantonio.gov](mailto:cindy.sims@sanantonio.gov) to help.

### SA Botanical Garden Events

SABot Plant Sale Sept. 17, 9a to 2p, kicks off the Butterfly event. Lots of butterfly-friendly plants. Prices for gallon pots are \$5 each, buy 3 get 1 free, so it's an excellent opportunity for gardeners. (see next article)

### Fall Herb Gardening and Cooking Classes

#### by Diane Lewis

"Attracting Butterflies to Your Garden"

Sunday, Sept 18, 10 a.m. - 11 a.m.

Join herbalist and horticulturist Diane Lewis for a seminar on butterfly gardening in South Texas and take a tour of the butterfly friendly plants at the San Antonio Botanical Gardens (Info: 210.212.9373). South Texas hosts more butterfly species than any other region in the United States; learn how to attract a greater variety of butterflies to your garden. We will focus on both larval and nectar plants; especially those that

look great and perform well in our arid climate. These plants include native plants, non-native well adapted plants, and herbs and edible flowers to share with these beautiful and graceful creatures. If you miss this "free" program, you can attend an expanded 2 hour class on October 29th, see NEISD class listings for contact information.

Other Classes by Diane:

Herbs 101 for the Garden and More, Sat 10/22/11 SABot  
Dieting Made Tasty with Herbs, Fri 10/28/2011 NEISD  
Attracting Butterflies to Your Garden, Sat 10/29/11 SABot  
Crafting Herbal Culinary Gifts, Fri 11/11/11 NEISD  
Savoring the Herbal Harvest, Sat 11/26/11 SABot

### Green Housekeeping & Herbal First Aid by Jean Dukes

Green Housekeeping—Creating Non-Toxic Products for Your Home

In this class you'll learn to make chemical-free housekeeping products which will decrease the toxic load in your home and also save you money. You'll make air freshener, all-purpose cleaner, dishwasher detergent, furniture polish, glass cleaner, & non-toxic antibacterial wipes. You'll also receive recipes and ideas for numerous other products. Materials Fee: \$10.

First Choice—Using Essential Oils for Minor First Aid Problems & Illnesses

According to a survey conducted by Children's Hospitals and Clinics of Minnesota, 90% of parents would like to know more about alternative approaches when dealing with their children's injuries and illnesses. Essential oils encourage the body to heal from minor problems in a safe and natural way. In this class you will learn about and experience several oils and their uses for problems such as colds, headaches, earaches, upset tummies, cuts and scrapes, and insect bites. Only 100% pure, unadulterated, therapeutic grade essential oils will be used and recommended. Materials Fee: \$5.

Taught by Jean Dukes, nurse for 20 years, a Certified Aromatherapist and Natural Health Counselor.

NEISD Community Education department. You can sign up @ [www.communityed.neisd.net](http://www.communityed.neisd.net) or call 657-8866 to register.

### GVST's Fall "Essentials" Programs

Class are free and open to the public. A \$5 donation is requested to offset costs. Refreshments are available and brown bag lunches are welcome. There's a swap and sell table available for plants, gardening books and magazines and other plant related items. Door prizes are presented at each session. Have your hand-pruning tools sharpened during class by "Dr. Fix-It" -- just a \$2 donation and all proceeds go to GVST. All meetings held 3rd Mondays at the San Antonio Garden Center, 3310 N. New Braunfels, 12 noon to 3 pm. Class updates can be found at the GVST website [Gardening-Volunteers.org](http://Gardening-Volunteers.org)

Monday, September 19

Session 1: Orchids for Texas with Todd & Susanna Miller of Miller's Tropicals in Dripping Springs.

Session 2: Texas Wildscapes That Save Water with Judit Green, Texas Parks & Wildlife

Monday, October 17

Session 1: Landscaping with Cactus & Succulents with Jeff Pavlat, Austin Cactus & Succulent Society

Session 2: 12 Months of Xeriscape Color with Dr. Calvin Finch

### San Antonio Garden Center

Inviting SAHS members to hear **Judy Barrett** presenting "What Makes Heirloom Plants So Great" on October 5 at 10 am. Program is open to the public, but donations/memberships are encouraged.

Also at the SAGC: A series of six workshops on Floral Design. Sessions begin October 4 and continuing through November 8. James Bliet will teach the principles of design, including mechanics, line, and form. His philosophy is "you need to learn the rules and the basics, before you break them". As a designer, he understands the creative process of floral design and encourages breaking the rules once the basics are understood.

James holds an Associate Degree in Retail floriculture, a Bachelor of Science in Horticulture, and a Masters Degree in Agriculture from Ohio State University. He is a juried member of the American Institute of Floral Designers, the American Academy of Floriculture and the Society of American Florists. James also teaches floral design for the continuing education department of North East Independent School District.

Fee: \$135, payable in advance, deadline Sept. 30.

For info: email [Sagc2004@sbcglobal.net](mailto:Sagc2004@sbcglobal.net) or call 210-8240435

Here's an interesting event:

### 5th Annual Farm & Freedom Conference

<http://farmandranchfreedom.org/conference-2011>

WHEN: September 12-13, 2011 (Monday-Tuesday)

WHERE: Pearl Stable, San Antonio, TX

WHAT: An exciting gathering of activists, farmers & ranchers, consumers, and nonprofits who care about where our food comes from. Come learn about the latest developments in agriculture and food, and get the tools you need to help make a difference!

Keynote address by John Ikerd

regis: 2 days = \$95 (\$70 - seniors)

### SAHS Internet Sites

Our Facebook page may be found by going to our existing web page, [www.sanantonioherbs.org](http://www.sanantonioherbs.org), and clicking the big blue "F" icon or going directly to [www.facebook.com](http://www.facebook.com)

### South Texas Unit of the Herb Society of America (Houston)

Just in case you're *not* all herbed-out by the end of our Herb Market on October 15, the following weekend, our Houston friends will host their 39th annual Herb Fair. Go to Hermann Park Garden Center, Saturday, October 22, 2011 from 7:30 a.m. – 12 noon Open to the public - FREE - No admission fee

### SAHS Winter Banquet

Not too early to start thinking about what we can cook up for this year's traditional December banquet and social. What are your ideas for a theme? Can you gather up your SIG or a group of friends and be our project leader and host for this event? Sound like fun? It is!! Contact any Board member to claim your spot.



## Minutes from August 11, 2011

### General Meeting

Meeting called to order by President Yvonne BACA at 7:00 PM. 49 in attendance.

Agenda was followed:

-New members and visitors acknowledged and hospitality committee, greeters and food providers were thanked.

-Members' Sale Tables announced: Jean Dukes (Young Living), Lyn Belisle (Scent Shards), Ginny Perkins (In Home Senior Care)...along with the SAHS table with Patty Wilson and a reminder of the Share Table.

-A reminder of the deadline for newsletter articles and approval of the minutes from the last General Meeting.

The next three meetings and topics were announced:

September-Mary Dunford on "Fall Gardening"

October-Susan Belsinger. Marilyn Nyhus gave a more detailed explanation to include info that seating was limited, tickets were required and a \$5.00 donation was appropriate for the tickets.

November-Mike Behrend of Green Vegetarian Cuisine & Coffee

Yvonne Baca reported on the Community Ed SIG and their next meeting. All is well

Jean Dukes reported on the Aromatherapy SIG. Currently there are 12-13 members, meeting once a month concentrating on local herbs and their oils.

Eileen Achorn was not in attendance so no report on the Garden Tour Fundraiser.

Diane Lewis reported on the October Herb Market at Pearl Market (Saturday, 15 October from 9 to 4). It is the 20th anniversary of the Herb Market and the Herb of the Year is Horseradish. Susan Belsinger will be speaking at the Herb Market and volunteers are needed to man the HS booth.

*Submitted by Mike Belisle*



### August Program—Molly Keck and Bugs!

Molly Keck- mekeck@ag.tamu.edu, 210-467-6575

BA and MA in Entomology, IPM Program Specialist at the Texas Agrilife Extension Service specializing in pest control and fire ants.

Molly presented on the "15 Bugs Every Gardener Should Know"... showing the chemical, biological and mechanical/physical control of pests. She came prepared with a detailed slide and video presentation on South Texas'...

Worst Pests:

- Cabbage Loopers
- Tomato Hornworms



- Grasshoppers
  - Cucumber Beetles
  - Aphids
  - Mealybugs
  - Scales
  - Thrips
  - Spider mites
  - Whiteflies and LaceBugs
  - Leaf footed bugs
- And the good bugs we should nourish...
- Lacewings
  - Assassin bugs
  - Spiders
  - Ladybugs



A wonderful program and a wonderful presenter, enjoyed by all.

A quick reiteration of next month's presentation and meeting adjourned at 8:15 by President YB.

*Submitted by Mike Belisle*



**NEW!!**

South Texas Rain Gauge

### Bug Related:

Noticed any extra bugs or other little critters around the house? Remember they're just as hot and thirsty as the rest of us and are probably searching for relief. And not just bugs, but snakes, too, are up for a sip of fresh water on occasion.

Maybe set out water in the back yard so these little guys will go *there* instead of the kitchen sink or bathtub...



### From the mailbag:

Recently circulated article has it that egg whites, beaten a little and kept applied to burns will greatly aid healing and reduce scarring. Apparently, the mineral and collagen content of the egg are what do the trick. Hmmm. Anyone have any experience with this?

### The Full Moon...

*The Old Farmer's Almanac says September's full moon occurs on the 15th at 2:39 am (in Boston). Bucks begin to grow new antlers about this time. This full Moon was also known as the Thunder Moon, because thunderstorms are so frequent during this month.*

### 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 gets thrown away.*

**Members out Traveling:**

Just back from Milwaukee and a seriously Irish festival and story-telling event. Here's Jane McDaniel's story: Altan, acclaimed harpist Moya Brennan, The Young Wolfe Tones, Different Drums of Ireland, Gaelic Storm, Scythian, Seamus Kennedy, the four Irish fiddles of Fidil – which Irish heart does not beat faster at the prospect of days and nights filled with music by these and 20 other bands? I jumped at the chance to tell stories on a couple of stages at the 2011 Milwaukee Irish Fest and to teach storytelling for a week at the Milwaukee Irish Summer School, not just to break a lance for the ancient art of storytelling but to have a chance to listen, listen, listen to the beat. And to be in a beautiful city such as Milwaukee at the end of summer – that was an added bonus. Green – there is green grass everywhere, and not just because it was Irish Fest Week, but because, between the 70/80 degree days, there are regular, gentle rainfalls. The city is full of petunias; they hang in enormous baskets, red and purple and pink, and white with red fringes. They are planted everywhere there is space, downtown between the buildings which are reminiscent of Luebeck in northern Germany, between high rises, in boxes on pub window-sills, in churchyards open to the streets. There are a lot of churches in Milwaukee. Maybe it's the Irish.

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Jane also recently returned from a long vacation in Ireland, Achill Island. She provided these photos of the countryside. All that green and rain...



Stone wall surrounding the field; wildflowers - daisies, cornflowers, lilies, ferns, wild roses and but-tercups grow out of the stacked stones.

Wild fuchsia, red and white, and enormous gunnera growing in Achill's fields and along the roadsides.



Wild rhododendron, bracken and gunnera gradually encroaching on sheep-grazing fields on Achill Island.

Marilyn Nyhus went to visit Sally Ann Hnatiuk (just recently moved to Seattle) and came back with some fun photos. Said it was cool and a little rainy up there!



Hot Dog/Marshmallow roast on Mukilteo Beach



Sally Ann, Mark and Marilyn and salmon pate piroshki...a wonderful Russian pastry

**Plant Pollination**

Information found in the Herb Companion online:

Pollination is the act of transferring pollen grains between male and female flower components of a plant. When successful, the plant is considered fertilized, thus guaranteeing continuing existence.

Pollinators—bees, butterflies, birds, critters, wind and water—are all integral to this process. You might even do a little bit yourself as you work in your garden from time to time by brushing by that newly blossomed tomato bush...

Eighty percent of all plants rely upon pollination for survival. Without pollination, say goodbye to cilantro and avocados, watermelons and mangos and more tragically, strawberry shortcake and cherry pie. That favorite stack of baby back ribs can't happen without the pollination of alfalfa to feed cattle. Pollination seems to affect just about every facet of our daily lives.



This makes a very solid case for gardeners to go organic everywhere possible. Even those products advertised as very low toxicity can have adverse affects to our pollinators over the long haul. Each of us can do a lot toward improving the environment for them. We can garden organically and we can buy locally-farmed organic produce and meats. Since eighty percent of all pollination is carried out by animals (however small they may be), every little bit we can do will help keep the pollinators healthy. In doing that, we keep ourselves healthy!

*DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any items mentioned in this newsletter are at the decision and discretion of the individual.*

## Brian's September To-Do List for The Garden



Compiled by MG Brian D. Townsend

### In Our Herb Garden:

In Our Herb Garden: The library at the Garden Center has an excellent horticultural collection and is available for use to any SAHS member. One of the best ways to water outdoor container plants is to set them in another container of water and let them absorb as much as possible. Or let water drip into the container for an hour or so until the soil is well saturated.

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 bergamot, yarrow, puchellum and annuals such as statice, larkspur and strawflowers. \* Harvest basil and preserve by freezing as an oil paste. \* Re-pot container-grown perennials as needed.

. - HERBS: A Resource Guide for San Antonio

### 1st Week:

The first wave of migrant hummingbirds should have arrived in San Antonio. Watch for Ruby-throats and Rufous hummingbirds in addition to the resident black chins. Migrating hummingbirds will be busy at feeders and blooming firebush, salvia and firespike.

Watch for Hummingbird Festivals during September.

A practical tip shared by a gardening friend that makes a good rule of thumb with plants you like: Don't give up on a new plant until you've tried it in three different spots.

Sow seeds of winter annuals and wildflowers in full sun.

Plant perennials like Asters and Garden Mums for fall color.

Watering: Add 1 tbsp. of natural apple cider vinegar per gallon of water. Avoid salty well water if possible.

### 2nd Week:

It is not too early to divide irises, day lilies and Shasta daisies, after two or three years without dividing can reduce blooms. Remove 30 to 40% of the foliage of the transplants in order to reduce stress.

Cut at ground level the suckers that emerge from the roots of peaches, plums, pears, apples, Oriental persimmon and citrus to prevent the rootstock from taking over the fruiting top (scion).

### 3rd Week:

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

Pepper sauce seems to be effective for protecting plants from both squirrels and deer. Apply weekly.

### 4th Week:

Fall is here! "Equinox: the time when the sun crosses the equator, making night and day of equal length in all parts of the earth. Changes in the weather are more likely a few days after a full or new moon because the moon moves the tides and the flow of water around the planet.

Monarch butterflies should be heading our way back to their winter homes. Bird migrations are beginning. You may see changes with visitation of different types of bird at your feeders. Always keep water supply fresh.

*Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.*

## SIG-nificant Events

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

### Healthy Living with Herbs SIG

HLWH SIG met 8/17 at Marilyn's for a relaxing floral dinner. Marilyn had discovered the book "Flowers in the Kitchen" a while back and decided that it would be her topic this month. Did you know that (if) arugula survives in this heat, its flowers will pack a powerful, peppery punch - a nice addition to your pasta salads! We sampled chive and basil flowers as well. Everything else from the garden was pretty much toast - just too hot to grow, much less produce flowers. We came away with a nice list of fairly common flowers to eat along with a short list of those to NOT consume. It was good.

We're skipping September but looking forward to the October and November sessions where we'll enjoy home-cooked fare in the best eastern Indian tradition. We'll talk about how the spices and herbs utilized by that culture promotes health. We'll also have an evening making skin salve.

*Submitted by Joe-Beth Kirkpatrick*

### Herbal Crafts SIG

Rebecca Kary led a hands-on session on image transfers. A transfer is any process that takes a printed image, removes it from whatever it is on, and then transfers it to another surface—such as paper, wood, or leather. For example, you can transfer the image from a photocopy or magazine picture to another surface to create an art piece using a solvent to release the image to your target surface.



We kept things simple by making note cards with a single image. Use your imagination to come up with any theme—from pictures of herbs to old faded family photographs. Start with a single image and you have the beginnings of a collage or mixed-media piece that can be as complex and layered as you want.

We had the most success using a cleaning product, Citra-Solv concentrate (available at Central Market), as the solvent to detach the image. Since CitraSolv is primarily made up of orange oil, it smells good, too. See the Artist Page at the company's website for more information: [www.citrasolv.com](http://www.citrasolv.com). Look up CitraSolv on [www.youtube.com](http://www.youtube.com) to see videos showing how to transfer images. An excellent reference book is Image Transfer Workshop: Mixed-Media Techniques for Successful Transfers by Darlene Oliva McElroy and Sandra Duran Wilson.

Special thanks to resident SAHS artist Lyn Belisle for her tips and suggestions. Check out examples of mixed-media work on her website: [www.lynbelisle.com](http://www.lynbelisle.com).

Our next adventure will be on Herbal Vinegars.

.Sandra Lyssy: 210-659-5561 , [slissy123@yahoo.com](mailto:slissy123@yahoo.com);

Rebecca Kary: [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com)

*Submitted by Rebecca Kary*

### New Aromatherapy SIG

The Aromatherapy SIG is off and running! This newly formed SIG met for our first meeting August 1st. After a short organizational meeting and setting the schedule for the next year, we learned about the therapeutic uses of peppermint oil.

Peppermint oil is a great choice for digestive issues. Therapeutic grade peppermint oil can be taken internally for numerous digestive disorders such as nausea, stomach aches, diverticulosis, IBS, motion sickness, heartburn and indigestion. Peppermint is very cooling and is great for hot flashes and fevers. It is a great energizer and can help ward off drowsiness. It's also an excellent aid for clearing the sinuses and often helps relieve headaches. It's been known to help reduce menstrual cramping. Peppermint oil is also antifungal. It's even an ant and mouse repellent. It is a very diverse oil, indeed!

We sampled healthy Peppermint Brownies and Mint Lemonade made with fresh spearmint and a drop of peppermint oil. Over the next year, SIG members will be presenting the oils associated with herbs that grow well in our area: thyme, lemongrass, sage, basil, rosemary, oregano, dill, lavender and marjoram. We are all very excited to learn more about the wonderful world of essential oils!

Mint Lemonade

6 1/2 cups of water

1 cup lemon juice

1 cup or more of honey or agave nectar (to taste)

Large handful of fresh spearmint leaves

1 drop of Young Living peppermint essential oil

Mix all ingredients well in a blender with some ice. Very refreshing on a hot summer day.

For info, contact Jean at [10days@earthlink.net](mailto:10days@earthlink.net)

*Submitted by Jean Dukes*

### Weed-n-Gloat SIG

No weeding in August—too hot and most everything's dormant or otherwise not growing. See you in September

*Submitted by Jane McDaniel*

### Garden Tour Committee

Letters were recently sent out to those who've indicated that they'd like to place their gardens on the tour list. This letter was quite helpful in that it spelled out the overall rules of engagement along with some helpful suggestions and hints as our members start preparing to exhibit NEXT year. Yep—it takes that long. No other report for August.

### Green Living SIG/Committee

No report this month.

### Culinary SIG

No report for August.

### SAHS Membership

No report this month.

### **Newsletter Notes...**

Have you been to a special event or great garden or new restaurant? Read a new book or taken a special trip? Tell the editor about it!! (Hey, inquiring minds want to know...) Your input is what makes this newsletter newsworthy!! Thanks so very, very much!

## **Treasurer's Report, July 2011**

*Submitted by Kathryn Seipp*

<b>INCOME</b>	
Membership	0.00
Cookbook sales	0.00
Resource Guide sales	0.00
Booklets	0.00
Bundle Book Sales	0.00
Miscellaneous Sales	<u>0.00</u>
<b>TOTAL INCOME</b>	<b>0.00</b>
<b>EXPENSES</b>	
Attendant Fee	45.00
Honorarium	0.00
Dues	0.00
Booth fee	0.00
Equipment rent	0.00
Printing & Engraving	0.00
Postage & Delivery	0.00
Rent Expense	85.00
Website fee	0.00
Supplies	<u>0.00</u>
Total Expenses	<u>322.00</u>
Total (Income-Expenses)	-322.00
<b>ASSETS</b>	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	4,015.96
Frost Savings	2,387.68
<b>TOTAL Cash and Bank Accounts</b>	<b><u>7,598.59</u></b>
<b>TOTAL ASSETS</b>	<b>7,598.59</b>
<b>LIABILITIES</b>	<b><u>0.00</u></b>
<b>OVERALL TOTAL</b>	<b>7,598.59</b>

### **'10 - '11 SAHS Board Officers & Members**

**Yvonne Baca** - President

210-313-8705 (cell), [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

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**Lyn Belisle** - Webmaster & Green List Coordinator

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**Eileen Achorn** - Immediate Past President

727-643-1380 (cell);

**Joe-Beth Kirkpatrick** - Newsletter

210-590-9744, [joby53@gmail.com](mailto:joby53@gmail.com)

**Sandra Lyssy** - Hospitality

210-659-5561; [slyssy123@yahoo.com](mailto:slyssy123@yahoo.com)

**Patty Wilson** - T-shirts, Cookbooks

210-647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

**More Information Contacts**

**SAHS web page:** [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

**SAHS toll-free phone:** 888-837-4361

**Business Members**

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

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Mary Dunford  
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SAT 78253  
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Nick & Leslie Vann  
3561 Kusmierz Rd.  
St. Hedwig, Texas 78152  
(210) 667-1500  
[www.nematodenick.com](http://www.nematodenick.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)

**Ten Days Health Ministry Natural Health Counseling & Essential Oils**

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Certified Aromatherapist  
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[10days@earthlink.net](mailto:10days@earthlink.net)  
[www.youngliving.com/tendays](http://www.youngliving.com/tendays)

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SAT 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

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Classes by Sam Coffman  
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**Yvonne Baca**

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Reiki Master, Therapeutic Touch  
Akashic Record Consultations  
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