



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 221, September 2008

Be sure to view the unedited version of this newsletter @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn @ belisle@satx.rr.com



The San Antonio Herb Society is organized to bring together those who are interested in using and growing herbs and to promote general knowledge of herbs to the membership and the public at large.

Program Thursday, September 11, 2008

BREAD!

Chef Christopher Stonesifer of Timmeron Catering in Wimberley will talk to us about herbal bread making. Chef Christopher is a classically trained French chef who, in addition to his catering business, offers cooking classes for small to large groups.

Mmmmm! Who isn't drawn to the aroma of fresh-baked bread? It is ancient and primal and comforting at the same time. It is kitchen chemistry at its best—the melding of ground grain and liquid and heat.

Add a few single-celled fungi (a.k.a., yeast), *ét voila!*, a light, crusty loaf awaits you.

Bread is one of those foods that can be altered in myriad ways: Add sweeteners, vegetables, fruit or meat; prepare it unleavened for flat pitas and tortillas; add eggs and butter for richness; add yeast or soda or sourdough starter to create a light and airy loaf. The dough can be barely handled or kneaded to develop glutes that bond with water in the dough and provide a mesh to hold large amounts of air.

Part of the program will begin with the hospitality table at 6:30 pm: SAHS invites *everyone* to bring favorite herbal breads, biscuits, scones, rolls, etc (sliced into serving sizes, please) along with the printed recipe.

The program begins at 7:00 p.m. (with appetizers ready beginning at 6:30) concluding at 9:00. We're at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. This meeting is free and open to the public. For more information, check out our website at www.sanantonioherbs.org



Bread Spreads & Dips & Recipes!

Members with last names beginning **L-O** are asked to bring a spread or dip for the breads to this month's meeting.

Please arrive by 6:27 pm so all can enjoy your dish. Don't forget to bring the recipes or E-mail your recipe to:

karyrebecca@yahoo.com

Interested in Carpooling?

There are some members who are no longer able to drive at night but do not want to give up the chance to come to our meetings once a month. That's not to mention the price of gasoline.

Drivers AND Riders: contact Evelyn Penrod at epenrod@qvtc.com or 830-438-2290. We will need your name and contact information as well as the closest major intersection and we will try to get you drivers and passengers together!

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Member Recipes

Rice with Peas and Mint

submitted by Sally Ann Hnaituk

2 c. rice - not instant
4 c. water
1 large package of frozen peas
1/2 c. chopped mint
Extra virgin olive oil

Bring water to a boil. Add salt and rice. Cover and cook about 20 minutes. When rice is finished, put frozen peas in a large bowl and add the rice. Toss gently. When cooled, place in refrigerator. After the rice and peas have chilled, add enough olive oil to moisten. Season with salt and pepper. When olive oil and seasoning is adjusted, chop mint and add to bowl. Toss well and refrigerate until well chilled.

I originally made this with leftover rice. I think it would be good with brown rice or wild rice.

Carol's Beef Rub

submitted by Carol Hamling

6 T white sugar
4 T regular table salt
3 T chili powder
2 T paprika
2 T lemon pepper
2 T onion powder
2 T garlic powder
2 T black pepper
1 T cayenne pepper

Mix all together. Keep in jar with tight fitting lid. Rub on beef brisket, beef roasts, etc. cook over indirect heat on grill.

Note: If your dried spices and herbs do NOT have much scent, throw them away and buy fresh. Quality ingredients give you a quality finished product. Try ordering spices from www.penzeys.com. They usually throw in a free sample of one of their products when you order....You will find they are much fresher than the dried spices on the shelf at the grocery stores.



Space Available
for
Business Member Profile

Please submit your suggestions or essay (max 200 words) to the Newsletter



Report on August Meeting

We were pleased to have David Rodriguez, the local Extension Horticulturalist with Texas AgriLife Extension Service, come to speak to us at the August meeting. David received a very warm welcome as he began his talk on fall gardening.

David began by discussing some of the colorful plants you can add to your garden. He showed pictures and discussed some of the new varieties of summer color plants that have just arrived on the market. Some of the plants that will give color, are pest and deer resistant are: *Thryallis*, *Kora Vinca* and *Nirvana Vinca*. Mari-mums are a large blooming marigold that can be planted now and will bloom yellow and orange for the fall. David touched on the herbs that do well in the fall – one of which is *Calendula* the 2008 Herb of the Year.

He went on to discuss ways of building your garden, be it raised bed or container. He stressed the importance of sunlight to seed-bearing crops such as tomatoes, which need 8-10 hours of sun daily. Green leaf vegetables and root crops can tolerate 4-6 hours. David covered watering methods with drip irrigation being the best solution as it will get the water to the roots where it is needed as well as minimize disease to your plants. Fertilizing and composting were also covered.

David emphasized the need to mentor the next generation of young gardeners. Teaching children and teenagers about basic gardening helps encourage healthier eating habits as well as environmental stewardship.

He closed by handing out several very informative pages that recapped the information in his discussion of what to plant in San Antonio for the fall as well as the spring, when each plant needs to be put in the ground if you start from seed or from transplants as well as the varieties of each that grow well in our area.

We all had a great evening discussing the possibilities our fall gardens will bring – from color, to wonderful herbs and hearty vegetables. What a way to welcome fall!

NOTE: A frequent contributor to www.plantanswers.com, you can also listen to David each Saturday on the WOAI Home and Garden radio show from 8:00am – 11:00 am.



David Rodriguez having way too much fun talking about gardening at the august meeting.



**Chef Christopher Stonesifer
of Timmeron Catering
in Wimberley
on tap for SAHS
September General Meeting**

Dynamic is a good word to describe Chef Christopher. Eileen & I met him while wandering through the tasting tent at the Blanco Lavender Festival back in June. Chef Christopher is quite busy not only with his thriving catering business, but with classes as well. We noticed he also indulges in that time-honored skill of home canning. There was a *huge* variety of mason-jarred goodies on the table that day.

Also a willing speaker, Chef Christopher agreed to come visit the Herb Society for our Bread baking program. This is just in time for fall—wonderful weather to do a little more baking than the summer!

For this program, SAHS has invited its entire membership to bring a favorite herbal bread to share. I can't wait—just reading through the variety of bread recipes in our club cookbooks has me making shopping lists already! Ahhh, fresh, warm bread...

Hope to see everyone there!



Our members have a great time visiting and sampling the terrific treats at the hospitality tables before the program.!

Hearty Handshakes to....

Lyn Belisle for riding herd on the shakeup with the printing company for our new Resource Guide!

We appreciate her dedication to this project which is still on schedule to be published in October.

SAHS newsletter needs an Editor. We hope one of YOU will step up to the plate and take on this project for the long haul.
Past editors and contributors have layout notes, accumulated templates and checklists that will make the overall job a bit easier than starting out cold. Could you be the one? Or maybe two of you could share the responsibility and joy. This would be a great opportunity to put your creativity into practice. And we have so much fun on the board! Please call Eileen Achorn to volunteer.

Noozletir Editer

Wahnt'd:



Calendula

Aka: Pot Marigold
(*Calendula officinalis*)
2008 Herb of the Year

Over the Fence...



Why do We Need SIGs?

The SIGs are an important part of the Herb Society. They allow a smaller group of members to get together on a regular basis and to explore a special interest they share. They foster deeper friendships within the society as a whole and offer a sense of belongingness that may be lacking in a larger general meeting. SIGs may make soap, garden markers, hand creams, tea blends or sore throat cures. They may hold tea parties, dine at gourmet restaurants or engage in in-depth study of a particular herb. Whatever they do for their activities, SIGs allow an extra chance every month to meet with like-minded people to talk about something you all love – HERBS.

SAHS Silver Anniversary Celebration!

At the August meeting, we introduced the decorating plans for the December banquet. A challenge was issued to everyone to sign up for a table to host and decorate. (Maybe we'll keep the list a secret and you'll just have to guess who created which table!)

SAHS will give you 3 silver items that MUST be used on your table—beyond that you can add whatever you wish as long as it reflects our silver anniversary theme. Table decorations will be judged and we will have prizes for the top three winners.

Start thinking silver or 25 and sign up soon to decorate your table. They're going fast!

SAHS Medicinal SIG is changing names:

Report is that this group has done a little “morphing” over the past couple of years and finds that our topics tend to be more health-related than out-and-out medicinal related. We are now the Healthy Living with Herbs. If anyone wants to start another Medicinal SIG and is interested on topics we've studied over the past 6 or 7 years, please contact Carol-lee Fisher or any of the other group members for notes.

Sometimes, changing the name of the SIG opens the way for others to do something similar and different at the same time!

Resource Guide Committee semi-celebrates

We hear these fine folks got together at Sally Ann's with a pig as the main dinner attraction!

Herbal Note Cards Available Again.

\$5 gets a bundle of 5 cards & envelopes. See Don Crites

Hospitality Table snacks schedule:

October: P-Z

November A-D

December: Everyone

The Board is looking for club inventory items:

If you had possession of any of these items in the past few years, *please* give the attic another look-see. Or maybe under the bed. We're missing the general banner, the President's gavel, our copy of Robert's Rules of Order, chafing dishes and a wireless microphone set.

From the Board Room

“To know me is to...”

Hello everyone. Some of you know me from long ago and some of you are newer to the society and so do not know me. I was co-president with Marjie Christopher in 1997- 1998 after which time I moved back to my home state of Maine. I missed Texas though and in 2006 decided to return to San Antonio and to the Herb Society. When I was about 6 my father tilled up the soil for my first garden. I had sweet peas, marigolds, dinner plate sized dahlias, and gladiolas. I did all the planting and weeding myself and learned from him to like the feel of dirt under my fingernails. As I got older, I outgrew my little garden and started helping him in the big gardens where to this day, he plants gladiola corms descended from my originals all those years ago. My garden has evolved over the years as I have come to value the usefulness of herbs and have incorporated more and more of them into my landscape. The purchase of a new home last spring allowed me to once again get dirt under my fingernails. When I am not digging in the garden I can be found out back in the Adirondack lawn chairs my dad makes preparing for the classes I teach in the Psychology department at UTSA. Somehow that “work” is not work if it can be done in a garden.

Happy herbing,
Eileen Achorn



NEW SIG forming!

Newcomer's SIG. A new SIG specifically for new members. Eileen will host the first meeting at her house on September 13th beginning at 10 a.m. This will be a planning meeting to determine later meeting dates and times, programs, etc.

If you are a new member (within the last 5 months) then this is for you! Please let Eileen know that you will attend. Email her at eileen.achorn@utsa.edu or leave her a message at her cell 207-712-1903.

The Herb Garden at the San Antonio Botanical Gardens

I'm not sure what you did with your summer, (and I'd love to hear) but I spent a great part of it moseying around old plantation gardens in Louisiana. There the herb garden is close to the Big House, just like the patch next to my own back patio. Handy, when I'm putting together a big pan of paella (i.e. leftovers, mixed with rice) and need fresh basil for the last, finishing touch. Did it rain while I was away?!!! My herbs are bushy and 18 inches high, which goes to show that not only a half-baked green thumb is important but cooperation on the part of the powers that be. So, this year, we must have behaved ourselves, to get such good growing weather.

It's been two months since we've needed to work in the Herb Garden at the San Antonio Botanical Garden, and it is time to pack the spades, the gardening gloves, the gardening shears and the trowels again, and go see what we can do to ensure that it stays the focal point of the Botanical Garden. It is our SAHS visiting card to the public.

I'll see y'all there at 8.30 am on Monday, September 29. Bring a sun hat and drinking water. Shall we have lunch together, afterwards?

Jane McDaniel

Next scheduled day for SAHS to tend the SA Botanical Garden Herb Garden: September 29

Don't forget to visit the Gardens for the special Tree house and sculpture exhibits soon.

2008 Program lineup:

October: Poisonous Plants (& Herbs)
(Stories & Histories of some fascinating herbs).

November: SIG roundtables (A rotating presentation night to highlight our many SIGs)

December: Holiday Banquet (Table decoration contest: Prizes for those tables whose decorations best represent the SAHS 25th Silver Anniversary theme.

January: BUGS!



Treasurer's Report for July 2008

Submitted by Don Crites

Opening Balance		\$6,790.14
Income		
Membership Dues	\$0.00	
Nametags	\$0.00	
T-Shirts, Aprons, Totes	\$0.00	
Book Sales	\$0.00	
Miscellaneous	\$0.00	
Total Income	\$0.00	
Expenses		
Newsletter		
Printing	\$0.00	
Postage	(\$63.84)	
Paper	(\$4.68)	
Historian	\$0.00	
Garden Center Fee	\$0.00	
Hospitality		
Programs		
Speaker Honorarium	\$0.00	
Miscellaneous	(\$24.17)	
Total Expenses	(\$92.69)	
Ending Balance		\$6,697.45
Other Bank		
Certificate of Deposit	\$1,058.80	
Savings Account	\$2,240.03	
Transfers		
Total Assets		\$8,899.03

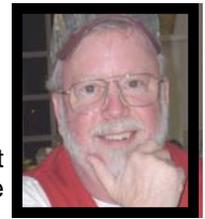


October Newsletter Deadline
Is the Friday following the regular meeting. I.e., September 19th.
Thanks!

Brian's July To-Do List for The Garden

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 the 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.

Thanks to MG 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.

2008 Herb of the Year: Calendula

Calendula (pot marigold) is a genus of about 12-20 species of annual or perennial herbaceous plants in the daisy family Asteraceae. It is native to the area from Macaronesia Mediterranean region east through the Mediterranean region east to Iran. Calendula should not be confused with other plants that are also known as marigolds, such as plants of the genus *Tagetes*, corn marigolds or marsh marigolds. It is also the flower of the month October.

Some species: *C. arvensis*, *C. bicolor*, *C. eckerleinii*, *C. Lanzae*, *C. maderensis*, *C. maroccana*, *C. meuselii*, *C. stellata*, *C. suffruticosa*, *C. officinalis*.

Marigold petals are considered edible. They are often used to add color to salads, and marigold extract is commonly added to chicken feed to produce darker egg yolks. Their aroma, however, is not sweet, and resembles the smell of hops in beer. The oil from its seed contains [calendic acid](#).

From Wikipedia, the free encyclopedia



Special Interest Groups (SIGs)

If you have a particular area of interest, we probably have a SIG for you. Check our website for specific SIG & leader contact information.

Share Table

The Share Table continues to be a great success. Thank you for sharing your surprises with us. Remember these simple rules:



1. No money changes hands.
2. At the end of the evening, if your item is still there, please take it back home or throw it away.
3. Clean, usable items only.

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.

'08 - '09 SAHS Board Officers

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Evelyn Penrod - Vice President Programs

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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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**Happy
Silver Anniversary
*SAHS***

www.sanantonioherbs.org



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