



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 234, September 2009

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



Program Thursday, August 13, 2009

Olives: From Spa to Table



Let them say it: "Our motto, *hecho a mano con amor*, (made by hand with love), reflects the care that goes into our products, and the way we tend to our trees. At Sandy Oaks Olive Orchard™, we sell over 15 varieties of olive trees, bonsai, our own special blend of Extra Virgin olive oil, olives, olive leaf jelly, chocolate truffles made with olive oil and various hand-crafted skin care and spa products made in part from olive leaves, olive leaf tea, and olive oil." [from www.sandyoaks.com]

Sandy gave a similar talk at Round Top (Herb Festival) in a breakout session one afternoon. Whether you have been a long-time consumer of olive products or are just becoming acquainted with the many benefits of this wonder tree and fruit, you'll certainly enjoy Sandy's presentation!



The hospitality tables open at 6:30 (names starting with T-Z bring the treats).

The business meeting starts at 7:00.

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



** October Herb Market **

Calling all SAHS members! We need you to step up to the plate (or maybe the old brewery) and be a part of this terrific annual mainstay in our local herbal scene. This year we're at the Pearl Brewery campus - it'll be a little different and a lot bigger than in past years and SAHS is a main player. Your participation is vital this year more than ever. The goal of SAHS for all these years has been to be the "go-to" group for all things herbal and here we are. Are you good describing recipes and other crafty things? Work the cookbook and Resource Guide table. Can you help folks with their herbal gardening questions? Be a roaming guide. Do you have a favorite topic and are an entertaining speaker? Sign up to make a 30-minute presentation. Are you good at fund raising and sales? Help us all by staffing the Market t-shirt table. We need everyone to help out this year. Contact Diane Lewis, lewisdr@swbell.net or (210) 495-6116 or Evelyn Penrod, Co-chair epenrod@gvtc.com today - time's getting close!.

Members' Crafts Fair in October

The October meeting will be full of interesting items & topics. We will host a short program and then dismiss to shop the talents of our membership. Think beadwork, embroidery, crafts, plants, baskets, oils, kitchen items, dolls and cheeses - Oh My! Contact Evelyn Penrod at 830-830-438-2290 (cel), to reserve a table for your wares.

Hospitality Table Schedule:

October: A-D

November: E-M

Need a substitute for Sandra as hospitality host for November.

Call her at 210-659-5561

December: All - Banquet

January: N-S

February: T-Z

TPR/Green Spaces Alliance: Grown in Your Own Backyard

As almost a last minute deal, SAHS was asked to conduct a display and information table at the special hands-on event presented by Texas Public Radio in conjunction with the Green Spaces Alliance of San Antonio. The event was held at the Pearl Stables on August 30. The topic was as the title says: growing your own food in your own backyard (or maybe even your neighbor's!). The SAHS table featured our latest Resource Guide and a display of fresh veggies suitable for some of the recipes and ideas from the RG.

Some folks from Fox News were there and Eileen got a chance to talk to them about SAHS..

Members' Sale Tables at General Meetings

The September general meeting will see the return of tables available for members to share/swap/sell before each month's general meeting. There will be only 5 tables set up and first come is first served. Contact Jean Dukes at least 2 weeks prior to meeting night to reserve a table.

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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

Some of the goodies on the table in June included these treats
Pappadam with Mint and Mango Chutney
Tomato Preserve with Cream Cheese

Simple Herbal Syrups

Submitted by Eileen Achorn

Ingredients

1C sugar

1C water

Directions:

Dissolve the sugar in the water over medium heat. Once dissolved, bring to a boil for a few minutes. Remove from heat and pour over

1/2 C grated cucumber plus 4, 1/4-inch slices of peeled fresh ginger root OR

1/2 C lavender buds

Allow to steep for at least 1/2 hour. Strain and pour into clean bottle and cap tightly.

Pizziola by Anna Maria Bruni

Submitted by Fiorenza Bruni from her mother's Italian traditional family recipe

2-3 large ripe garden tomatoes, thinly sliced

1 large onion, thinly sliced

1 large russet potato, thinly sliced

1 handful of fresh oregano leaves

2 Tbsp extra-virgin olive oil

sea salt

cracked black pepper

Using a glass casserole dish, first drizzle olive oil at the bottom of the dish, then begin layering potato, onion and tomato slices across, much as you would assemble lasagna. Sprinkle fresh (or dried) oregano leaves over the top, followed by sea salt and cracked black pepper to taste. Finish with a drizzle of olive oil, and bake at 350oF until the potatoes are cooked and the tomatoes have wrinkled up and caramelized, approximately 1 hour. Easy recipe to adapt to a larger pan; doubles well.

Fig Soda

submitted by Sheila Mangra

Fig soda: pureed figs plus sparkling mineral water plus sweetener. (contact Sheila for details).

Adult Mac & Cheese

Whole Wheat Pasta

2 % cheese

yellow & Zucchini squash (1 each)

2 small tomatos

1 small can Rotel tomatos (drained)

Make mac & cheese as normal. Last 2 minutes of boiling the pasta, add squashes. Drain. In a baking dish, add cut up tomatos, Rotels, pasta, veggies and cheese. Microwave for 2 minutes.

Mexican Bean and Rice Salad

submitted by Patty Wilson

1 T oil

1 C rice

2 C water

1 (15 oz) can black beans, rinsed & drained

1 (15 oz) can kidney beans, rinsed & drained

1/2 onion, chopped

1/2 red bell pepper, chopped

1 C corn

1/4 C chopped fresh cilantro

1 C grated cheddar cheese

Dressing:

1/4 C vinegar

1 Tbs lime juice

1/2 C oil

1 tsp salt

1/2 tsp pepper

1 tsp garlic

Directions:

In a saucepan, heat oil over meduim heat; add rice and stir to coat well. Add 2 C water, bring to a boil, cover and simmer for 20 minutes. Transfer rice to a salad bowl and let cool. Add beans. Add onion, red pepper, corn, cilantro and cheese

For the dressing: In a blender or bowl, combine vinegar, lime juice, oil, salt, pepper and garlic and mix well. Pour over salad and toss.



Pluot Jam

Pluot Jam

Makes about 1 C. The sweet and savory jam is terrific served on grilled baguette slices that are brushed with olive oil and topped with aged goat cheese.

3/4 lb ripe pluots (about 3 large or 5 small) halved, pitted, chopped (about 1 1/2 C)

3 Tbsp honey

4 tsp (+/-) balsamic vinegar

1 Tbsp (+/-) lemon juice

2 tsp finely grated lemon peel

1/2 tsp finely minced fresh rosemary

1/8 tsp coarse kosher salt

2 Tbsp chopped fresh chives

Place Pluots, honey, 4 tsp vinegar, 1 Tbsp lemon juice, lemon peel, rosemary, coarse salt and a pinch of pepper in a small saucepan. Bring to a boil over medium-high heat, stirring. Reduce heat to medium-low. Simmer until fruit has broken down and mixture is thick, stirring occasionally, about 20 minutes. Cool. Adjust seasonings; add chives.

Pasta with Uncooked Tomato & Basil Sauce

submitted by Jeanne Hackett (my favorite summer supper entrée)

6 ripe plum tomatoes (about 1 lb)

3-4 cloves garlic, minced

1 C shredded fresh basil (loosely packed)

1/2 C chopped fresh flat-leaf parsley

1/2 C olive oil

1/2 tsp dried red pepper flakes

1/2 tsp salt

freshly ground pepper, to taste

2/3 lb (10 oz) Linguine or spaghetti

Core the tomatoes and cut in half horizontally; gently squeeze out the seeds. Dice into 1 inch pieces & place in a medium bowl. Add all remaining ingredients except pasta. Toss well and let stand for at least 2 hours. (May also be prepared further in advance, covered and refrigerated up to 24 hours.) Bring to room temperature before proceeding with the recipe.

Cook the pasta according to package directions to al dente.

Drain well and return to pot or large serving dish. Pour on the sauce, toss and serve. When the dish is served, it tends to be warm rather than hot. This is fine and the flavor will gain as a result.

Serves 4 and doubles easily.

Some of the of non-food "recipes"

Chillin' Out Brew

submitted by Sandra Lyssy

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

2 tsp witch hazel tincture

10 drops of peppermint essential oil

12 drops of lavender essential oil

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

Seed Starter Pot from Newsprint

submitted by Carol Hamling

(reprinted from an article from Beth Botts, Chicago Tribune, date unknown)



Seed-starting pots you make from newsprint are practically free. Because they break down quickly, you can plant them right in the garden, reducing transplant shock. Both black and colored inks used in today's newspapers are safe.

Use a can or bottle 1 1/2 to 2 inches in diameter and at least 3 inches tall (for exam-

ple a tomato paste can or spice bottle or paper towel tube).

Remove one sheet from a newspaper. Tear in half down the fold.

Fold this half in half lengthwise.

Position the resulting long rectangle on a sturdy table top. Place the bottom of the jar at the end nearest you and about 2 1/2 to 3 inches in from the folded edge.

Roll the paper around the jar, keeping the folded edge fairly even (it becomes the rim of the pot).

Tuck the open end of the paper inside the cylinder and use the jar to mash it down against the table (body weight helps). The mashed end become the bottom of the pot and holds the cylinder together.

Slip the jar out of the pot.

Cluster pots in a water-proof container for bottom watering and to keep pots upright. They will sit sufficiently flat once filled with moist soil. Sow seed according to packet directions, water *et voila!*

Woodpecker Seed Cake

submitted by Jackie Compere

6 Tbs cold water

3 envelopes plain gelatin

9 oz boiling water

3 Tbs ground cayenne pepper

3 C mixed wild bird seed

1 1/2 C feed peanuts

1 1/2 C cracked corn

Put cold water in a large bowl, and sprinkle gelatin onto the water. Let set for a minute or so.

Add the boiling water and stir until the gelatin dissolves. Add cayenne pepper. Mix in all seeds, peanuts and corn. Let the mixture set for about 6 minutes, stirring occasionally. This allows the seed to absorb the liquid. Press the mixture into four suet trays or a greased brownie pan or plastic cups. Refrigerate for a few hours



until mixture is solid, then unmold. Dry on a cooling rack over a cookie sheet to catch seeds. Makes four suet trays, or four 16-oz cups.

I have made these in a square pan, then cut the mixture into 4 squares while it is still soft, leaving the mixture in the pan to harden. I have also made them in plastic cups with a hanging loop made from a coat hanger inserted into the soft mixture.

It is important to dry these quickly and thoroughly. I have had good results from air-drying in a room with a ceiling fan or putting the tray next to the return air register of the a/c. Moving air, low humidity, seems to be the key. Drying in a low oven caused the blocks to shatter. Air-drying in a room without a fan caused the blocks to become moldy inside.



2009 San Antonio Herb Market- Next Step to Getting Ready

The 2009, 18th annual SA Herb Market will take place on Saturday, October 17th from 9 a.m. to 5 pm. It will feature herb plant vendors, herb related product and book vendors, local herb and gardening society booths, lectures, presentations & demonstrations including a chef and more. The event is free and open to the public, with plentiful free parking.

The San Antonio Herb Society will have a booth inside the breezeway of the Full Goods Building where we will sell our books and memberships. We will also staff the event T-shirt booth, distribute event programs and information, and demonstrate herbal "make and take" projects. Some of our members have been asked to speak this year. This is one of our major fund-raising events for the year which helps us pay honorariums for great speakers and our rent at the garden center. There will be many opportunities for our members to get involved and help spread the word about how herbs can improve lives.

The event offers us a higher profile in the community and will allow SAHS to connect with more people in new ways, thereby attracting new members. We ask that every member find a way to do something to contribute to our success at this event.

Contact Diane Lewis, SA Herb Market Chair for SAHS lewisdr@swbell.net or (210) 495-6116 or Evelyn Penrod, Co-chair epenrod@gvtc.com

Over the Fence...



2009 Program Line-up

October: Last minute prep for the Herb Market; membership craft market; Members' Craft Fair & General Meeting; short presentation t/b/d.

November: Round Table forum on the various uses of herbs. Our SIGs will help host and present the various topics—some will include “take-away” items promoting the craft or recipe or topic. Contact Jean Dukes.

December Meeting Program is our Annual Members' Banquet:

And we need you to step up or in as lead host for this meeting. You would be in charge of organizing the theme and decorations and decorators or table hosts (always with lots of help!! This is a really nice event — one that fosters good friends, old and new, and of course good food. Membership is asked to provide all food items (appetizers, salads, veggies & side dishes, entrees and desserts — it's a veritable pot-luck heaven!! SAHS provides all the accoutrements and beverages. So what idea do you have that would be a good one for this year's event? Call Jean Dukes or Evelyn Penrod today!!

January: 2010 Herb of the Year is Dill (*Anethum graveolens*); Joint meeting with the Men's Garden Club.

SAHS Board is updating our Bylaws, including

a new expense reimbursement policy. In these times, it only makes sense to keep a close eye on our various expenses and to be smart keeping to an annual budget. If you help chair one of this club's events, please take a close look at this policy. We've done pretty good in the past, but with the advent of simple (and smart) electronic spreadsheets, we can do better. Expenses from one year can and should be used to develop accurate estimates of those needed for the next year. Please see the insert for the proposed revision to the bylaws.

Overheard after the last meeting:

August There was some discussion on using earthworms during the show-n-tell meeting. Afterwards, some members got their heads together and David came up with a business card from a fellow over in Windcrest as a provider of the little wigglers: “The Windy Worm” (Bob Packard): his email is thewindyworm@satx.rr.com. If anyone contacts him with good results, please let us know!

Also announced at the last meeting

Sandra Lyssy, our hospitality chair will be out of town in November and needs a sub for that month. She can get you the list of “to-do” things and all the supplies ahead of time. Call her at 210-659-5561 or email slyssy123@yahoo.com

Overheard Another “did you know?” item:

Don Crites, our treasurer, was quoted by the Express-News in a recent article highlighting the San Antonio Food Bank. Seems the SAFB has been hard-pressed lately to keep up with the demands placed on it by consumers and donors alike. SAFB hired Don as its own Master Gardener with an eye to teaching folks how to grow their own and thereby feed themselves. The message here is to teach folks with a hand up, not a handout.. Well done, Don!

GVST Classes

ESSENTIALS OF GARDENING 3rd Monday of every month from January-December 2009, 12n - 3:15pm
San Antonio Garden Center, 3310 N. New Braunfels
Light refreshments are served, and you are welcome to bring your brown bag lunch.

2009 GVST Essentials Class Series

“12 Months of Gardening”

Each class covers 2 topics that coincides with the GVST's Almanac of Gardening presented by leading South Texas horticulture experts. Each class will focus on a gardening topic of the month. The classes are fun and interactive. A \$5 donation is appreciated at each class to help cover expenses, including break refreshments. Bring your hand-pruning tools and have them sharpened by Dr. Phix-It for an additional \$2 donation per tool.

UPCOMING CLASSES

Monday, September 21 Essentials Class, 12n-3:15pm ■ SA Garden Center. Session 1: Landscaping with Texas Native Plants, Judit Green, Texas Parks and Wildlife; Session 2: Seeds 101, Dr. Jerry Parsons

submitted by Sandra Lyssy

Next Board Meeting

September 28, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day.

Lost-n-Found

Sandra Lyssy has agreed to hold those items left-behind from our various meetings and other functions. If an item is not claimed after 3 meetings, it goes on the share table or to a thrift shop collection.

SAHS and Other Events

November: Aromatherapy workshop. Jean Dukes has another tidbit of information for everyone. There will be a clinical lab workshop weekend conducted by Dr. Maria-Dolores Gonzales, ND, CNC, CNHP in November of this year. Anyone interested, please see Jean for that information.

Rainwater Collection: John Kight is teaching classes on rainwater collection systems @ the Cibolo Nature Center in Boerne on the following dates: September 12th, October 17th and November 14th. Contact the nature center to sign up at 830-249-4616. There is a fee.

October Newsletter Deadline

Wednesday following the regular meeting.

I.e., September 18th.

The editor encourages your contributions, reports, commentary & photos. 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

From the Old Farmer's Almanac:

Full moon is September 4th. Known as the Full Corn Moon, this one 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.

San Antonio Herb Society Minutes Meeting

August 13, 2009

Call to order: Eileen Achorn

Welcome to visitors

Minutes from July meeting accepted

Business discussed:

Upcoming events: Texas Public Radio/Green Space Alliances event on August 30th from 1 -4 at Pearl Stables "Grown in your own Backyard." We'll have a table to sell Resource Guides and cookbooks.

San Antonio Library's "Big Read" for April 2010. We've been asked to partner with the library in this project. More details as we learn them. The book is Bless me, Ultima by Rudolfo Anaya.

Planning still underway for Herb Market. Stay tuned for details.

Beginning in September, 5 tables a month will be available for members who wish to sell items at the meeting. These are on a first come, first served basis and can be reserved by contacting Jean Dukes.

Eileen announced changes to the by-laws to bring them into compliance with current practice. Changes will be published in the September newsletter and discussed then voted on at that meeting.

"Share Meeting" began with members in a circle, each offering a tip or item of interest. Look for some of these tips and ideas elsewhere in this newsletter. Turns out we had 5 new members at the meeting! Welcome!

Upcoming meetings:

September: Olives with Sandy Winokur

October: Members' craft sale

November: SIG-hosted round-table

December: banquet

Meeting adjourned around 8:40 p.m.

Submitted by Eileen Achorn

Ed note: Jan Conwell has been shuttling back and forth between San Antonio and Wichita Falls to tend to her ailing father.

The board was notified in mid-July that these are his last days. We wish Jan and her family Grace, Peace and many blessings at this time.



Skunk Spray counter-Spray

SKUNK SPRAY REMEDY

1 quart Hydrogen Peroxide 3%

¼ cup baking soda

1 tsp liquid soap

Mix all ingredients, apply to dog, wait 10 minutes, then rinse. Repeat if necessary. Do not get in eyes or ears.

Use immediately; the mixture is unstable and cannot be stored after mixing.

Why it works Skunk spray contains a *thiol* compound—same as that produced by degradation of proteins (i.e., decomposing flesh, etc.). The trick is to get these compounds to oxygenate - to convert themselves into a relatively inert material.

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By Peter Kendall, Staff Writer.



Treasurer's Report . July 2009

Submitted by Don Crites, SAHS Treasurer

Income

| | |
|-------------------------|----------|
| Membership Dues | \$200.00 |
| T-Shirts, Aprons, Totes | \$45.00 |
| Book Sales | |
| Cookbooks | \$60.00 |
| Resource Guides | \$60.00 |
| Bundled Sales | |
| Booklets | |
| Miscellaneous | \$5.00 |
| Book (Other than SAHS) | |
| Total Income | \$370.00 |

Expenses

| | |
|-------------------------------------|---------------------|
| Newsletter Printing | (\$123.47) |
| July - \$55.15 / Aug - \$68.32 | |
| SA Garden Center | |
| Leasing Fee | (\$85.00) |
| Attendant Fee (Rachal Arredondo) | (\$52.50) |
| SA Botanical Society | |
| Programs | |
| Speaker Honorarium | (\$50.00) Nick Vann |
| Plants | |
| Event Expenses | (\$400.00) |
| for San Antonio Herb Market Sponsor | |
| Special Events Fees | |
| Public Storage Fee | (\$160.80) |
| Three Months - Next Due 10/1/09 | |
| Total Expenses | (\$871.77) |

Account Balances

| | |
|------------------------|-------------------|
| Certificate of Deposit | \$1,154.09 |
| Savings Account | \$2,385.30 |
| Checking Account | \$3,999.16 |
| Cash Box | \$50.00 |
| Accounts Total | \$7,588.55 |

'09 - '10 SAHS Board Officers

Eileen Achorn - President

207-712-1903 (cel), Eileen.Achorn@utsa.edu

Evelyn Penrod - Co-Vice President Programs

830-438-2290 (cel), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs

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Gayle Morris - Membership

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Jan Conwell - Secretary / Recording

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Kathryn Seipp - Publicity / PR

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CONTACTS

Joe-Beth Kirkpatrick - Newsletter

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Sandra Lyssy - Hospitality (needs assist)

210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

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".

Water lawns in accordance with the current SAWS drought restrictions (Stage 2 or 3 as of this issue's deadline date).

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 bergamot, yarrow, puchellum and annuals such as statices, 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.

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!

Herb Garden at the SA Botanical Garden

Herb Garden at the SaBot Garden surviving the heat

Like shadows in the Garden, they stand with hoses, the volunteers who keep the beds watered. So, in spite of weeks of extreme heat, our Herb Garden was looking fresh and vibrant when we went in to weed and gloat this July. We have had two casualties; the angelica and the salad burnet, but all the basil, the lemon grass, fragrant geraniums, the sages, thymes, comfrey and the others are thriving. The generous layers of mulch are proving their worth in our patch of earth. Jan Conwell weeded for about forty minutes, while I (due to a bum knee) gloated. Later we sat on our bench in the shade, next to the Herb Garden, with another volunteer, and solved the world's problems until it was time for a cup of coffee.

A gentle couple of hours in the comparative cool of the early morning.

submitted by Jane McDaniel, July 29, 2009

Ed note: The last Monday of August will see the group checking up on the herb patch; tidying up the mulch and pulling any weed daring to even try. I hear they'll be enjoying paella at Jane's afterwards...

SIG-nificant Events

SIG Leaders... Don't forget to provide a line or two about what your SIG's doing the month before or next. Having this little bit of information sure helps newer members in creating new SIGs!

Healthy Living with Herbs SIG

Virginia McGuire hosted the group at her townhome in Honey Hill. In the interest of learning how to supply great flavors without salt or other unpronounceable chemicals, the Healthy Living group spent the evening trying out some vegetarian dishes made without those items. Virginia and Marilyn had planned and shopped and supplied 3 recipes and the dried herbs to go in them. We created Customer's Choice Seafood Seasoning from Cricket Hill Herb Farm (a seafood boil), Herb Mix for Italian Breads from Frog Park Herbs (a general shaker seasoning) and Kate's Savory Seasoning from Herbal Essence (a spicier mix with a little more kick). The SIG members immediately figured out how to get these mixes ground up and put in containers in record time. Can't wait to try all of these!

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG Schedule

schedule for the SIG:

September 19 Salsas and Guacamoles

October 10 Gift day, vinegars; Moroccan-style preserved lemons; roasted, flavored pecans; seasoning mixes, etc

November 21 Collage project

On Saturday, August 15th, the Herb Craft SIG met at Sandra Lyssy's house to make gift tags for all the wonderful gifts we plan to make and give this coming holiday season.

The group was presented with a few examples and the techniques to create them. At first they were dutiful students and followed the examples but within no time they were off and running, letting their creative juices flow. Trust me - no two tags were alike and all were very cute!!!

We had a great time together creating and getting ink all over our fingers. But then the wonderful aroma of the passing dishes overcame the need to make more gift tags and we turned to eating.

All left with full stomachs and gift tags for the wonderful gifts we will be making over the next few meetings. We missed the members that were unable to come and hope to see you next month!

Submitted by Sally Ann Hnatiuk

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Lotions & Potions SIG

On July 23, the Lotions and Potions SIG met at the home of Diana Hargrove to make scented gel jars. After a bit of research, Diana chose a recipe from Recipezaar (www.recipezaar.com), which by the way is a great resource for (mostly food) recipes that includes "user" ratings and suggestions. We used a new shape of ½ pint Ball canning jar Diana found at Walmart that has a wide mouth and makes for a very attractive presentation. You can use any nice jar but one with a lid is preferable. Here is the recipe:

- 2 cups water
- 4 envelopes unflavored gelatin
- 50 drops essential oils
- food coloring, as desired.

Heat one cup water in saucepan. Add gelatin, stirring to dissolve. Remove from heat and add remaining 1 cup water and food coloring. Stir until dissolved. Put drops of essential oil into jars then add gelatin mixture. Place in fridge for about 2 hours.

Remove, cover with lid, and store at room temperature. To release scent, simply remove lid.

Another recipe Diana found suggests adding a teaspoon of alcohol to the mixture. Success was mixed. A few of us had a granular-looking surface form, and some had "sweating" of the gel. One member reported mold forming on the top after several days. Our humid environment undoubtedly is a factor. The scent jars seem best suited to small rooms, such as bathrooms. All in all, though, a successful evening, topped off by good food, good wine, and good company.

In August, members will be meeting at Janet Miller's home to make flavored liqueurs.

Submitted by Fran Rich

Share Meeting (aka: Share, Swap, Show Us What You've Got) report

Wow!! Who would have thought we'd see & hear the terrific variety of interests from our membership? As mentioned in our minutes, the seating was arranged in a circle, the better to allow everyone to see and hear everyone else's stuff. From long-time members to the newest, we saw some great things.

Lyn Belisle offered up books by Barbara Kingsolver; Jackie Compere passed around a recipe for seed blocks; Barbara just loves hearing all the stories; Madeline Sprague showed her home-made slug traps while Beverly Tibbs offered to do a rain dance; Sally Ann said she's about done with meetings and field trips for the season!; Kathryn Sieppe brought her cranberry-basil jelly; Carol Hamling showed us how to make seed pots from newspaper; Sandra Lyssy gave everyone a spritz of her refreshing mint & lavender water.

David brought some divisions from his hoja santa; Evelyn Penrod brought a casserole made with sage and from a recipe her mother got from Madeline Hill; Eileen brought recipes for the flavored syrups on the hospital-ity table; Jan Conwell showed us small Styrofoam shipping coolers and described how she's used them for "emergency" plant cutting storage while on road trips; Sheila Mangra reminded us all that summer items like irrigation supplies are on end-of-season sales now so go out and stock up; Lorna was called on to show off her handmade purse organizer.

Several newer members enthusiastically described things important to them: Fiorenza brought a recipe for Pizziola originally from her mother; Maria was just tickled to be there-she's just back from living in Germany and is getting used to the heat; another brought a recipe for raw tomato sauce for pasta; Karen has discovered that pieces of cinnamon sticks left in the window sill repel ants really well.

Door prizes were awarded to Gayle, Evelyn and Sally Ann.



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