



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 306, September 2015

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

Thursday, September 10, 2015

Cheryl Koch Lehman: Koch Family Ranches and their Gourmet Foods

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

Koch is committed to providing the healthiest, most nutritional, lean meat available with an unmatched delicious flavor. Over the generations, experience has proven that the best way to raise animals is the way Mother Nature intended.

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



Members whose names begin A-M, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).

The San Antonio Garden Center is located on the corner of Funston and N. New Braunfels.

For more SAHS information, see our website at www.sanantonioherbs.org

September Garden Happy Hour

September 25th, from 6:30 pm to 8:30pm

New member Todd Mernin has graciously offered up his gardens for September's session. The droughty weather has been a mixed blessing in that a lot of those hungry mosquitos have found wetter places to bother so our time outside is a bit more tolerable. The story is that Todd has a nice collection of succulents and bromeliads and is looking forward to your company.

Please be sure to RSVP not later than September 24th (the day before) so our host will have time to prepare for us. t_mernin@yahoo.com or 210-218-4155

These are b-y-o snack and lawn chair soirées. Looking forward to seeing lots of you all out there!

In October, Hugelkultur!

At our regular general session on October 8, come meet Brian Gordon from the Roots of Change Community Garden. The talk will discuss an old German method of gardening "hugelkultur". This method involves piles of organic matter then planting in the resultant hills. It's a great way to recycle even bulky trimmings from your yard and enjoy a sort of raised-bed-style gardening. Once the plot is growing, it is also easy to keep tidy and weed-free.

This should be a good one!

October 17th: Annual Herb Market at the Pearl!

Mark your calendars now and plan to be a part of this great event. This year's Market will be held at the Pearl, 9am-3pm. SAHS needs your help to prepare samples, sell Resource Guides and other booklets and generally help out. This is OUR TIME TO SHINE and bring our love of herbs to the general public. Contact Leslie Bingham to volunteer.



Used Cookbook = Treasures for your Bookshelf

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

- Chicken Soup & Other Folk Remedies
- Body Building Dishes for Children
- 2000 Useful Facts About Food
- 300 Ways to Serve Eggs
- Holidays & Celebrations
- Microwave Guide
- Sunset Appetizers
- Gourmet's Guide to Italian Cooking
- Sunset Barbecue

Newsletter Deadline for October Issue

All materials for **October** due by **September 18**.

Hospitality Table

Schedule:

Oct: N-Q

Nov: R-Z

Dec: Banquet

Jan: A-M

Members' Sale Tables

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

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

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

Member Recipes

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

Pasta with White Beans, Greens and Lemon

Submitted by Grace Emery

Ingredients

- 1 lb orecchiette pasta
- 3 Tbs extra virgin olive oil
- cooking spray
- 1/2 C chopped sundried tomato (not in oil)
- 1-15 oz can cannellini beans
- 1 tsp crushed red pepper
- 8 oz fresh arugula and/or spinach, trimmed
- 1 oz or large handful of fresh basil, rough chopped
- 2 Tbs grated lemon rind
- 3 Tbs lemon juice
- 1 tsp kosher salt
- 5 Tbs pine nuts, toasted
- 1 oz fresh grated parmesan cheese



Directions

Cook pasta according to package direction, omitting salt and fat; drain. Place in a large bowl and drizzle with olive oil; toss to coat. Heat a large Dutch oven over medium high; coat pan with cooking spray. Add garlic to pan, sauté for 1 minute until brown. Add pasta mixture, tomatoes, pepper and beans; cook for 2 minutes stirring constantly. Stir in arugula/spinach, basil, rind, lemon juice and salt and cook for 1 minute or until the greens are wilted. Spoon 1 1/2 cups of pasta mixture into serving bowls or plates, top each with toasted pine nuts and parmesan. Serve immediately.

Black Bean Brownies

Submitted by anonymous

Ingredients

- 2 (15 oz cans) no salt added black beans, rinsed
- 1/3 C canola oil
- 3 eggs, beaten
- 1/3 C cocoa powder
- 1 C brown sugar
- 2 tsp espresso powder
- 2 tsp vanilla extract
- 2/3 C all purpose flour
- 1 tsp baking powder.
- 1 tsp salt

Directions

Preheat oven to 350°F. Spray an 8x8-inch dish with nonstick cooking spray. Set aside. Puree black beans and oil in a blender or food processor. Add eggs, cocoa, sugar, espresso powder and vanilla. In a separate bowl combine flour, baking powder and salt. Add flour mixture to bean puree and pulse until well combined. Pour into prepared baking dish and bake until edges appear done but center is slightly moist - about 45 minutes. Remove from oven and cool completely before cutting.

Squash Bake

Submitted by anonymous

Ingredients

- 3 C unpeeled zucchini and /or yellow squash chopped
- 1 onion, chopped
- 1/2 C bell peppers(any color) chopped
- 1 medium jalapeno (no seeds), chopped (optional)
- 1/2 C Parmesan cheese, grated

Fresh basil, chopped (optional)

Salt and pepper to taste

1 C Bisquik (or other baking mix)

1/2 C vegetable oil

4 eggs

Directions

Preheat oven to 350°F. Chop and mix all vegetables and dry ingredients together. Beat egg with oil and pour over dry mix. Stir well. Batter will be thick. Pour into greased 9 X 12 baking pan. Cook 30-45 minutes until golden brown and knife comes out clean.

Rosemary Muffins

Submitted by Charlene Swafford

Ingredients

- 3/4 C milk
- 3/4 C golden raisins
- 1 Tbs fresh rosemary leaves, chopped
- 1/4 C butter
- 1 1/2 C flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 8 Tbs cream cheese, cubed

Directions

Simmer milk, raisins and rosemary in pan for 2 minutes; add butter til melted and cool. Mix dry ingredients. Beat egg into milk mixture, add to dry ingredients. Place cheese in center of batter and cover with remaining batter. Bake in muffin tins 20 minutes at 350°F.

Lemon Crinkles

Submitted by anonymous

Ingredients

- 1/2 C butter, softened
- 1 C granulated sugar
- 1/2 tsp vanilla rxttract
- 1 egg
- 1 tsp lemon zest
- 1 Tbs fresh lemon juice
- 1/4 tsp Salt
- 1/4 tsp baking powder
- ? tsp baking soda
- 1-1/2 C all-purpose flour
- 1/2 C powdered sugar

Directions

Preheat oven to 350°F. Grease light colored baking sheets with non stick cooking spray and set aside. In a large bowl, cream butter and sugar together until light and fluffy. Whip in vanilla, egg, lemon zest and juice. Scrape sides and mix again. Stir in all dry ingredients slowly until just combined, excluding the powdered sugar. Scrape sides of bowl and mix again briefly. Pour powdered sugar onto a large plate. Roll a heaping teaspoon of dough into a ball and roll in powdered sugar. Place on baking sheet and repeat with remaining dough.

Bake for 9-11 minutes or until bottoms begin to barely brown and cookies look matte {not melty or shiny}. Remove from oven and cool cookies about 3 minutes before transferring to cooling rack.

*If using a non stick darker baking tray, reduce baking time by about 2 minutes.

Over the Fence...

2015 Program Line-up



SAHS online calendar:

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

Sep: Cheryl Koch Lehman, Koch Ranches

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

Nov: tbd

Dec: Annual Members' Holiday Banquet

Jan: 2016 Herb of the Year: Capsicum

Have ideas or contacts for new programs?

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

Next Board Meetings

September 28, 6:30 pm Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

September 17 (or 19—pending), 6:30 pm

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

SAHS Publicity Needs YOU

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

SA Botanical Garden Events

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

Plant sale at the greenhouses Sept 12 & 13, 10am to 2 pm.

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

For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

For information, call 210-824-9981 or see

<http://sanantoniogardencentre.org>

Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org

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

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program).

Sept 17, topic is "Bog Plants and Gardening" by Keith Ameung.

For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

SA Rose Society

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

For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440

Submitted by Peggy Jones, Publicity, SARS

"Sow, Grow, Savor" Column @ SA Express-News

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

Contact Grace Emery gemery49@yahoo.com

Remember Savory is Herb of the Year...

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

Let us hear about it!



Speakers Bureau requests...

We've had several requests for speakers this year to visit other organizations and give herb presentations. Just got another couple of invitations to speak to the Forest Oaks Garden Club (a neighborhood group) this coming November and January.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact any Board member to help out.

From east of the Mississippi

Long-time member Brian Townsend moved a few years ago to eastern Tennessee. As an ex-patriot Texan, he sends us these greetings:

...Here is my heartache song of being stuck up here [in eastern Tennessee.]

The MG Speakers Bureau wants me to do a talk on Container Roses NEXT May 13th!!! I've looking at moving back home later THIS year!!! Will work up an outline to leave for someone else to present.

Just came back from a Fall Garden Festival that was hosted by the Cumberland County Extension Service. Local Master Gardeners and Extension personnel held discussions in small booths and hands-on lectures in bigger tents. It's the last week of August and there is a lot of emphases is on winter preparation for the vegetable gardens and landscapes. The day-time temperatures are already starting to come down and I'm checking the weather back home in San Antonio and it's still in the upper 90's!!! Here in East Tennessee, it's a little harder to squeeze in two vegetable crops as the growing season is maybe two months shorter than back home, we have to be a little more selective about what we want and what we CAN grow this time of year.

It's interesting to see 'real seasons' up here, BUT it's hard on an old Texan's heart.

Submitted by Brian Townsend

What're YOU Doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

Minutes from July 09, 2015

General Meeting

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

II. Introduction and welcome guests:

Visiting guest: Francis Landwick

Guest Speaker: Mr. Don Crites: Good or Bad Bugs

III. Announcements:

Newsletter reminder for articles and recipes.

Thank you to Weed-n-Gloat members who're making extra trips to water the herb patch at the Botanical Herb Garden:

Marsha Wilson, Robin Maymar and Lynda Klein.

September 25th 6:30 to 8:30 pm Garden Happy Hour. Host is new member Mr. Todd Mernin; please RSVP no later than Sept. 24. t_mernin@yahoo.com or 210 218 4155

Jackie Compere let us know there is a bucket for used battery disposal at the Garden Center.

Basket winner: Andrew Galindo (previously announced)

IV. High Summer herbs and plants in bloom.

V. Minutes for Board Meetings on Website.

VI. Upcoming Events:

Herb Market: sign up sheets. Herb Market is October 17 at the Pearl, 9am to 3 pm. Chair: Leslie Bingham

Announcements from Members:

By Laws meeting August 20 at 6:00 pm.

Next Meetings and share dishes :

General meeting September 10 at Garden Center 6:30 p.m.

Guest Speaker: Cheryl Koch, Koch Ranches, Organic Farming.

Members whose name begin with A-M bring a dish to share.

Board Meeting: August 31 via email motion at 8:00 p.m.

VIII. Meeting Adjourned at 8:30 by Leslie Bingham.

Submitted by Gloria Ortiz, SAHS Secretary

Ed. Note: Minutes for the General meeting are published in this newsletter which is then posted to the SAHS website every month. The minutes from all Board meetings are currently not posted to the web but ARE ALWAYS available for review upon request.

Don Crites & Bugs!!

Don Crites did a very through presentation. I was surprised that fire ants are our friends and paper wasps are also beneficial. In case you did not attend, fire ants loosen the soil in your gardens and paper wasps eat bag worms. Use companion planting around the garden (comfrey, onion, chives or garlic are common) to deter aphids and other sap suckers. A completely organic method to remove bugs is a strong water stream. But if this fails, soapy water or neem spray work pretty well, too. Use about 7 -10 days apart.

Don had a list of about 30 good and bad bugs that can help or harm your herb and vegetable gardens.

Submitted by Grace Emery



Citrus Blooms Body Splash Recipe

Here's a refreshing item for those end-of-summer days that wilt even the toughest South Texan...

Ingredients

2 cups distilled water

3 tablespoons vodka

1 tablespoon of each: orange and lemon peel (finely chopped) (shredded?)

5 drops lemon verbena essential oil

10 drops mandarin essential oil

10 drops orange essential oil

Directions

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid. Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle in a cool area.

Try using witch hazel instead of the vodka or instead of the water.

Take a Class!

SAHS past president Emily Sauls is happily contributing her herbal skills to the Human Path group. Sam Coffman has presented to SAHS in the past and his outfit, the Human Path, is a business member as well. He and his wife and partner, Suchil Coffman-Guerra firmly believe in self sufficiency and conduct an abundance of classes and workshops designed to introduce new-comers AND old hands to many aspects of living closer to the earth. Some of you may remember that Emily makes a really nice selection of homemade soaps—rich, fragrant and in a variety of end use formulations. Sam & Suchil have called on her to give a class or two. You should call them and see what's shakin' out in the wild-craft herbal world!

Membership

We had 29 members and 3 guests attend the August meeting. Many of you commented on the new name tag boards. I'm experimenting with a variety of ways of displaying the name tags. Remember to return your name badge to the blank spot on the name board.

Need Greeters! Here's an EASY Job!

Have a few minutes at the beginning of the evening? Robin could always use a few friends to help greet members from 6 to 6:30. Thanks

Submitted by Robin Maymar, Membership Chair

SAHS Constitution and Bylaws

Earlier this year, the Board determined that our bylaws could stand a review and possible updating. A group of volunteers has met a few times to discuss items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.

Medicine Cabinet in Your Kitchen

This short list should help you get started. These herbs have long histories of helpfulness against human ailments...

Oregano	helps soothe stomach muscles
Mint	helps ease hiccups
Ginger	anti-nausea properties
Garlic	antiseptic properties
Fenugreek	helps flush toxins
Fennel	eases halitosis; body odor
Clove	anti-microbial properties
Sage	antiseptic, antibiotic properties
Thyme	helps relax respiratory muscles
Tumeric	anti-cancer properties
Basil	helps soothe upset stomach; relieve gas
Black Pepper	digestif properties
Cayenne	heart attack relief properties
Cinnamon	helps lower blood pressure
Dill	helps relieve heartburn, colic, gas
Rosemary	antioxidant properties

Helpful Herbal Hint

From a recent SAWS e-newsletter:

Even though we think of many insects and arachnids as pests, all creatures perform a role in their ecosystems, even systems as small as a backyard. Scorpions eat other insects and ants help aerate the soil so water and oxygen can reach plant roots.

Because pests have important jobs, it's better to try and repel them, rather than trying to get rid of them with chemical or other pest treatments. A better solution is to plant your pest control. You can do this by adding plants that deter pests around outdoor areas that you and your family might enjoy, such as a patio or pool deck.

Lavender produces oil that deters scorpions. True and Egyptian lavenders are best, but Spanish and English lavenders also work to create an environment less attractive to scorpions.

Rosemary, like lavender, also produces oil that scorpions and mosquitoes dislike. As a bonus, if add a sprig of rosemary to your food while grilling it'll add flavor to your food and the scented smoke will keep mosquitoes and flies away. Common rosemary and trailing rosemary are best-suited for the San Antonio area.

Treasurer's Report, July 2015

Submitted by Karen Lopez, Treasurer

INCOME

Interest (Scholarship acct.)	0.01
Interest (Frost CD)	0.03
Membership	65.00
Raffle ticket sales	132.00
Used Books	53.00
New books (cookbooks)	50.00
Subtotal - INCOME	\$300.04

EXPENSES

Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
San Antonio Garden Center/Club annual dues	50.00
Hospitality supplies (beverage dispensers)	42.72
US postage stamps	12.00
Public Storage (quarterly lease)	255.00
US postal box rent (annual)	136.00
Address label (mailing supplies)	12.98
Bank fee (savings withdrawal)	3.50
Subtotal - EXPENSES	\$642.20

NET TOTAL (Income-Expenses) **-\$342.16**

ASSETS

Frost Cert. of Deposit	\$1,215.33
Frost Checking	5,190.26
Frost Saving	453.41
Scholarship Fund	1,096.91
Cash on Hand	50.00
TOTAL	\$8,005.91

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 information mentioned in this newsletter are at the decision and discretion of the individual.

'15 - '16 SAHS Board Officers & Members

Leslie Bingham - President

lesliegw@live.com

Grace Emery - Vice-President / Program Chair
210 875-6919 C, gemery49@yahoo.com

Robin Maymar - Membership Chair
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Karen Lopez - Treasurer i_quilts@yahoo.com

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830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

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

Culinary SIG I

On a hot and humid August evening, what could be better than a tempting array of beautiful salads? And that is exactly what we shared for our get-together this month at Norm and Loretta's home. We started as usual with a description of our dishes and their provenance. There were a couple heirloom recipes, including an orange-lemon custard salad that came from our member's grandmother, who began making it as a girl in California. Sprinkled with sharp cheddar, it was as unusual as it was delicious. Another old family recipe was a chopped broccoli and cauliflower salad with walnuts and raisins in a slightly sweet creamy sauce.....yummy!

Making a beautiful presentation was a summer garden salad with chili-garlic shrimp, each portion in its own wide-mouth mason jar, filled to the brim with baby greens, corn, tomatoes, avocado, cucumber and shrimp. It had us oohing and aahing as well as laughing at our chef's tale of rushing our the door, and leaving the fresh mint on the counter and dressing from the old La Scala restaurant on the floor! Truth to tell, those last ingredients would maybe have just gilded the lily, because the dish was so good as is. An Italian parsley pesto made with walnuts and livened with lemon and zest bathed a delicious barley salad. Another hearty and tasty salad was made with cannellini beans tossed with chunks of red pepper, apple and orange, and dressed with a wonderful smoked paprika sauce.

A crowd pleaser was a zucchini and yellow squash 'pasta' made light and tangy with a lemon juice dressing and lots of fresh basil, pine nuts, cherry tomatoes and green onion. The dish sparked a conversation about the pros and cons of the mandoline (beautiful cuts on veggies vs. nasty cuts on fingers!). A tasty rice dish from the Piedmont area of Italy with a creamy roasted garlic dressing was rich with asparagus, roasted red peppers, marinated artichoke hearts, fennel and Italian green olives, and featured an unusual way to cook the rice. Another member offered her delicious twist on panzanella, or bread salad. Hers was made with cornbread then cubed, tossed with olive oil and toasted. She added roasted red and yellow peppers, cucumber, grape tomatoes and fresh basil, all tossed with a classic vinaigrette that made for a new instant classic.

A salad good at room temp or cold was made with roasted artichoke hearts and red peppers, with a basil and caper dressing. Deliciously decadent! A lovely baby spinach salad with sliced strawberries, black cherry halves and walnuts with a raspberry dressing rounded out our incredibly filling summer supper. We still made room, though, for a small slice of candy sprinkle cake with strawberry icing!

Besides our salads, the evening revolved around catching up on family news, travels, work, new recipes and tools, and of course, SIG plans for September. We will meet at Carol's for barbecue and go-withs.....should be wonderful! Stay tuned!

Submitted by Jeanne Hackett

Aromatherapy SIG

We meet monthly at La Madeleine on Broadway (you can arrive early to get a bite to eat) starting at 6:30 pm on the fourth Tuesdays.

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

Mad Hatters

No report this month. Interested in having tea with us? Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts SIG

The August 2015 meeting of the Herbal Craft SIG was cancelled. The grouting of the tiled pots (see July photos) is an outdoor project and the extreme temperatures made it too hot to get together comfortably. Think sweat box. We will finish the project when the weather gets a little more hospitable. The September meeting will be Homemade Food Mixes.

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

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

August found our scheduled hostess down with summer cold (my grandma called it hay fever) so another postponement was in order).

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

Submitted by Joe-Beth Kirkpatrick

Texas Natural Living SIG

No report for August.

We have changed the date of this SIG to the fourth Thursdays. at 11am. For SIG meeting information, please contact Marilyn Nyhus (rudvandmar@yahoo.com).

Culinary SIG II

Our theme for August was Sea Food. Mama T had invited us to her house, and she had picked the theme. Unfortunately, she was not well. So everyone went to Robin's instead. Then, at the last minute, Grace took a spill and could not make it either. The survivors, bearing seafood, gathered at 6:30. Following the theme, the table was laid with sea shells, driftwood and even a small pirate ship.



Karen made an hors d'oeuvre of shrimp salad in lettuce wraps. It had great eye-appeal, a terrific starter for our meal. Pam brought a lovely shrimp dip and crackers. Presented in a red low dish, crackers in a black gingham napkin; colorful and delicious. Gloria prepared a squid tostada, made with Mexican crème fraiche, guacamole sauce, and a marvelous salsa. Squid takes a lot of cooking; we appreciated all of Gloria's cooking skills. Mary Beth regaled us with tale of Sicily, and her grandmother teaching her to cook. She prepared a swordfish & tomato sauce with pasta. That sounds like an odd pairing, but it was, as usual with a Mary Beth recipe, quite excellent.

Robin prepared, as promised, crab cakes. But the really spectacular part was the curry chutney sauce that went with

the crab cakes. This stuff is so good, she always makes extra for the next day to use on just about anything : fish sticks, tater tots, toast, whatever.

As it was a small gathering, we just sat and visited after our meal. We all decided that our next meeting should be at Mary Beth's for breakfast, as she told us about making Kafir, yogurt, breakfast smoothies with frozen bananas and strawberries. Robin had copies of a catalog from Lehman's to share with everyone. We talked about all the old fashioned things found in it. It was a lovely, relaxed evening. We all missed Grace and Mama T, and hope they are feeling better soon.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Weed-n-Gloat SIG

From July and August sessions:

The Weed and Gloat team has been busy planting new herbs, parsley, basil, lemon balm and thyme to name a few and then keeping them alive with new water schedule. We have three devoted



members that are watering three times a week, Marsha Wilson, Robin Maymar and Lynda Klein. Along with new plants we have had several new members join us at the Botanical Garden to help.

This week we mainly need to weed; since we have been watering, all things are growing. We plan to have a lot to gloat about when we finish and go to Bakery Lorraine at the Pearl!

Submitted by Grace Emery

Report from the West—of Ireland's Achill Isle

My plan today, after my Italian guests had left and the washing was hung in the sun, was to walk the three beaches - Keel, Dugort and *Baile na Gappel*. Keel beach was filled with weekend holiday makers, children in wet suits with tiny surf boards, jumping in and out of the waves, parents, fully clothed, watching from the shore. Someone has spent time mounding rocks at the end of Keel beach; stones piled high in dizzying heights; a club of wave-watchers looking out to sea. At Dugort, the tide had just turned and was flooding the shore in uneven heaps of white surf; the sun was on the wane and three swimmers were silhouetted in black against the silver of the waves.

the driveway to Askill Road from Anseo House.



I didn't get to *Baile na Gappel* because I remembered there was a yawl race scheduled for 7 pm at Ostan Achill in the Sound and I rushed down there to see those huge red and white sails unfurl. But we paid the price of a brilliantly sunny day as the wind died and the men were occupied with bring-

ing the yawls back on shore. Still, a crowd of people milled around, watching boats being tied and untied, moved by hand and oar to the other side of the dock, a tractor pulling them up the dock.... finally they were all stored away and my tea was finished and we all repaired to the pub/went home to dinner. Next Saturday...if there's wind.

xxxx Jane McDaniel, Anseo House, Achill Island

a couple more recipes from August...

Honey Rosemary Pecans

Submitted by anonymous

These pecans are absolutely addictive!

Ingredients

- 2 Tbs butter
- 1 tsp flaky sea salt
- 1/3 tsp freshly ground pepper
- 2 C pecan halves
- 3 stems rosemary
- 4 Tbs honey

Directions

Melt the butter in a saucepan and add salt and pepper. Place the nuts in a large bowl and add butter, rosemary, and honey. Mix well and place the nuts in an ovenproof dish. Bake at 325°F until toasted.

Chocolate Mint Brownies

Submitted by Jan Groen

Thoroughly grease a 9 X 13 glass pan. You could start with parchment, then grease the pan

Ingredients

- 1 C butter, softened
- 2 C sugar
- 4 eggs
- 1/2 C cocoa
- 1 C flour
- 1 tsp mint extract
(one time I ran out, so used ground dried mint)
- 1 tsp spoon vanilla (optional)
- 1 C pecans cut into pieces
- 1/2 C dark chocolate chips
prepared chocolate icing

Topping: 12 oz. Andes Mint Candies (found with the chocolate chips)

Directions

Cream the butter and add the sugar. Add the 4 eggs. Add the mint extract, then add the flour and cocoa. Finally, mix in the nuts and the chocolate chips. Put all in a 9 X 13 pan. Bake about 35 minutes in a 350°F oven. Before the brownies have completely cooled, ice them. Then sprinkle the Andes candy bits on top; they should melt. Or you can skip the icing, just spread the mint candies on when it is hot out of the oven. Cut when all thoroughly cooled.

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