



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 270, September 2013

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 13, 2012 Christa Emrick and Raw Foods



Everyone get prepped for the August and come find out just what a Raw Food Lifestyle is all about. "Raw" means food that is unprocessed. We are excited to have Christa Emrick, pioneer Raw Food Chef in San Antonio, come and speak to us. Originally from Germany, she enjoyed her omnivorous life style until five years ago, when at the urging of her physician she transitioned from the Standard American Diet to Raw and Living Foods. She noticed wonderful changes taking place in her body and since then shares her exuberance and passion with friends and anyone that is interested. She began her studies with Alissa Cohen, Living on Live Foods Program in Kittery, ME and graduated from Living Light Culinary Arts Institute in Ft. Bragg, CA, which at that time was the ONLY raw culinary arts institute in the world.

Today, Christa is still the only trained Raw Food Chef in San Antonio. Her passion has generated many career facets: She teaches raw culinary arts classes, is a personal chef for small families or larger gatherings as home parties, life coach. She now works at the Counter Culture Café & Patio, inside Gold's Gym on 281N and Evans Rd. One way she shares her mission is to offer Free Movie Screenings – mostly documentaries of how people have reversed chronic illnesses and just felt better when they switched their food intake to a plant based one, especially high in raw. With desserts being her favorite, Christa has written an e-book entitled Raw Food Holiday Treats and Sweets and will talk about that, too, at the September meeting.

Members A-F, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, see our website at www.sanantonioherbs.org



21st Annual Herb Market...

...is October 20th. Since we are an integral part of this large event, we'll need close to 30 volunteers to cover all the bases. The SAHS table will be selling our books and have various handouts; our hands-on "Herbs in Everyday Living" table is always a big draw and needs a couple of folks throughout the day; the market t-shirt table also needs staffers (again, two people at all times).

The market is open from 9am to 5pm, but we'll need people to cover the set-up & take-down, too. If EVERYONE (this means YOU...) donates just two hours that day, we'll have it made.

Please contact Joe-Beth Kirkpatrick (210-590-9744) or Diane Lewis (210-495-6116) to sign up.

Can't say enough about how this event is where SAHS can really shine in our efforts to bring the wonderful world of herbs to the general public. And such fun! Vendors of all sorts: plants, books, accessories, gardening doo-dads and tools, homemade soaps, lotions and more (so MUCH more). The membership of SAHS is promoting not only our publications to raise funds, but our passion for herbs in all forms and end uses as essential to our world, our health and our families.

We'll see you there!



Garden Tour September 22

The first SAHS Scholarship Fund Garden Tour benefiting a student in the St. Philips culinary program is almost here.

Among the 9 gardens open that day, you'll everything from the most delightfully planned and installed to the DIY on a dime, from seriously themed to the eclectic.

Get YOUR tickets today!

Garden Tour September 22

Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

Hospitality Table Schedule:

Oct: N-Q
Nov: R-Z
Dec: Banquet
Jan: A-F
Feb: G-M

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Thanks to *everyone* who shared their delicious dishes and recipes during our August meeting.

Note: If you bring a recipe, please leave it on the table when you take your plate home after the meeting. Thanks!

Submitted without recipe:

Fruit salad
Fried mushrooms
Sausage hors d'oeuvres
Cream cheese with hot pepper jam & crackers



Chocolate-Zucchini Cakes

submitted by Patty Wilson

Ingredients

1 ¾ C all purpose flour
1 C boiling water

Directions

Heat oven to 350°F. Combine dry ingredients in a mixing bowl. Add remaining ingredients except boiling water; beat at medium speed for



Member Share Recipes

Thanks to *everyone* who shared their ideas and recipes during our August meeting.

Body Powder with Scented Geranium

submitted by Emily Sauls

Ingredients

C cornstarch
1 C baking soda
1 C scented geranium leaves
(your choice, but rose works very well),
very finely ground

Directions

Mix well, crushing any remaining lumps and store in a shaker-top container. This powder helps repel chiggers, so it's best applied under socks or under any elastic or closely fitted clothing.



Rooh Afzah

submitted by Ruth Sagabiel

Ingredients

1 Tbs Rooh Afzah (obtained from Ali Baba grocery off Wurzbach)
1 qt lemonade (or plain water or sparkling water or whatever!)

Directions:

Mix well; chill and serve



Saffron is an Ancient Spice...

Its use as a colorant has been determined in 50,000 year-old cave paintings. Here are some of the various historic uses of this intriguing and ancient herb: paint pigment, cloth/leather dye, remedies & magical potions, worship and ritual, offerings, woven into textiles (cloth & rugs), remedy vehicle in baths, teas, infusions, ointments and fragrances. Some of the healthful constituents include A- and B- carotenes plus a carotenoid present in the human eye.

2013 Herb of the Year: Elderberry

SAHS Board invites all our membership to help collect information to be used in a brochure for elderberry. What do you know about this little fruit (or the tree, for that matter)? Do you have recipes? Do you know of a traditional usage or preparation? Do you HAVE an elderberry tree in your garden? Do you have a book with good information? Photos? Anything?



Here's a few examples from my old notes:

Botanical Name: Sambucas Canadensis and S. nigra

Family: Caprifoliaceae (Honeysuckle)

Parts Used: Flowers & berries. *Elderberry has been called the medicine chest plant.*

Harvest: Use flowers fresh or dried as a tea or tincture; use the dried berries as a tea or make the popular syrup.

So, get YOUR notes together, pick out a few things that stand out for you and pass that along to any Board member no later than the November meeting. We'll use this to create a new brochure to be used all next year!

Thanks so much for YOUR help!

Comfrey in Your Garden?

Comfrey is an important herb in organic gardening. It is used as a fertilizer and as an herbal medicine. Roots and leaves contain the valuable cell-proliferant allantoin.

The leaves can be crushed and dunked in olive or jojoba or grapeseed oil and left to infuse for several weeks. The resulting oil may then be used directly on the skin for its healing properties or it can be blended with other ingredients to make lotions or salves.

The main species used now is Symphytum x uplandicum or Russian comfrey, a hybrid between Symphytum officinale and Symphytum asperum.



October Meeting



Who does NOT like olives? Or olive products? Or doesn't know how good they are for us? Our guest in October will be from the Texas Olive Ranch. We'll hear about growing an olive orchard in Central Texas, how they got started and how their business is growing. Don't know about you, but I'm looking forward to hearing business news that's good!

From the Almanac

From the Northern states, this full Moon corresponds with the time of harvesting corn. It is also called the Barley Moon, because it is the time to harvest and thresh the ripened barley. The Harvest Moon is the full Moon nearest the autumnal equinox, which can occur in September or October and is bright enough to allow finishing all the harvest chores.

Companion Planting: The Three Sisters

The classic example of happy companion plants is the legendary "three sisters" -- corn, pole beans, and either pumpkins or squash. This trio is one of the easiest and most satisfying to grow.

By the time European settlers arrived in America in the early 1600s, the Iroquois had been growing the "three sisters" for over three centuries. They sustained the Native Americans both physically and spiritually. In legend, the plants were a gift from the gods, always to be grown together, eaten together, and celebrated together.





Over the Fence... 2012 Program Line-up

October: Texas Olive Ranch;
Annual Herb Market @ Pearl on October 20th
(see Diane Lewis to volunteer)

November: Wendy Thornton, Master Naturalist.

December: Member holidays party/banquet/reception: Old Fashioned Christmas, Culinary SIG is hosting

January 2013: to be announced

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Maria Lührman or Emily Sauls with your suggestions.

Next Board Meeting

September 24, 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.

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 Kim Paynter

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays. September is a business meeting - no program. Webpage: www.npsot.org/sanantonio

The next SAHS cookbook, a "Best of" issue

The cookbook is on hold. If you have questions, please contact co-chair Kathy Bruce at kmbruce05@gmail.com

SA Botanical Garden Events

Art in the Garden features metal sculptors' varied works in the Conservatory.

Special dinosaur exhibit is planned for this fall.

Plant Sale I the greenhouses on September 22 from 9 to 1.

Buy 4 gallon pots @ \$5, get 5th pot free.

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

Guadalupe County Master Gardeners

Meet the Thursdays, Sept 20th @ 7pm in the Agri-Life extension center (210E. Live Oak) in Seguin. Mr. Mike Dobrovoski from Soil Menders presents on "Improving Your Soil". Free. For more information, please call us at 830-303-3889 or go to our website at www.guadalupecountymastergardeners.org

SAHS & the Farm & Ranch Freedom conference

The SAHS board voted to again buy a small sponsorship in the Farm & Ranch Freedom conference program for their September 11th Conference (in Bastrop this year). This organization promotes local, sustainable agriculture. Our donation also put our name and website link in their printed conference materials as well as on their web site. Visit their web pages: www.farmandranchfreedom.org

It's Dry out there...

Remember that outdoor lawn & garden watering are at Stage 2 (as of August 26) and there's little rain in sight. Sprinkling is by house number: 0 or 1 Monday; 2 or 3 Tuesday; 4 or 5

Wednesday; 6 or 7 Thursday; 8 or 9 Friday; No watering on weekends. 3-8 a.m. and 8-10 p.m.

<http://www.saws.org/conservation/droughtrestrictions/StageTwo.cfm>

Speaking of Dry

Recent articles in the Herb Companion on line discussed drying herbs. <http://www.herbcompanion.com> Open this page then search for "drying". You'll be rewarded with a wide variety of articles centered around this ancient method of preserving the harvest. Try it!

More Dry Things

Recent article by Claudia Brownlee discusses how to make a plastic pot look like real pottery (or at least not so much like plastic). Her method uses paint and fine sand. Give this project a try for more attractive herb pots!

Materials you'll need:

--plastic pot or planter

--fine sand

--a neutral color of latex paint for the base coat

--at least two (2) latex paint colors for the coloration you desire (terra cotta colors if trying to mimic a real terra cotta pot as an example): one color should be lighter than the other

--an accent latex paint (a 3rd) color to use sparingly to help add depth to the overall coloration (such as a slightly darker color of terra cotta than the other 2 colors you've chosen)

--a clear finish coat such as a spray-on Krylon; or use a brushable oil-based varnish or polyurethane finish

Steps For This Project:

- 1) Apply the neutral color base coat and let dry.
- 2) Completely paint with the lighter of the colors you've chosen.
- 3) While this coat of paint is still tacky, lightly toss or gently pat the fine sand on random spots on the pot.
- 4) Let the sand and paint dry for at least 4 hours.
- 5) Tap pot lightly to cause any excess sand to fall off; then sponge on or using the "daub" technique, apply small areas of the darker color (the 3rd color) over the sand, leaving some of the paler color showing through.
- 6) Sponge on or using the "daub" technique, apply very random areas of the "accent" color, leaving some of the paler color showing through -- it's up to you as to how much coverage you want to use with this color -- let your eye be your guide!
- 7) Let this dry for at least another 4 hours.
- 8) You may want to go back over a spot here or there with one or more of your paint colors to touch-up a spot -- let this paint dry before you apply the finish clear coat.
- 9) Now apply your clear coat(s). I always suggest at least 2 if not 3 coats to really help protect your new finish. There you have it!

From Claudia Brownlee, www.The-Artistic-Garden.com

HomeGrown is now an online publication

Judy Barrett (Taylor, TX) decided to go all electronic with her newsletter/magazine. Her website contains articles and a blog full of great gardening information.

www.homegrowntexas.com

Inspire's on Fire Fundraiser

Our own Lyn Belisle is a Board member for this local art studio and classroom house. This event is September 23 with the funds going toward The Art for Wholeness Programs (aiding victims of abuse). See Lyn for info and tickets.

Minutes from August 09, 2012

General Meeting

Meeting called to order at 7:00 by Marla Garza, president. Attendance was 47 people.

Marla greeted all, acknowledged the new members and visitors, and first time attendees. She thanked the greeters and food providers and reminded all of the SAHS table with Patty Wilson, the Members tables (Jinnie Perkins with In-Home Senior Care and Usana Vitamins and minerals, and Virginia McGuire with home grown plants).

Reminded all of deadline for newsletter submissions and minutes for the July meeting were approved.

Announced the next general meetings with Christa Emrick (Raw Foods) on 13 Sept and the Texas Olive Ranch on 11 Oct.

Eileen reported and gave update on the Sept 22 "Garden Tour"; how to buy tickets and register for door prizes.

A reminder of the Oct 20 Herb Market...the 21st annual and the urgent need of volunteers for that event.

Marla encouraged the various SIGs to turn in their reports to Joe-Beth, announced the August Garden Happy Hour on Friday 17 August at Jean Duke's and requested all members to research Elderberry and turn in reports for the 2013 booklet.

Also reminded all of the \$5 increase in dues starting this Fall. Tonight's program is our annual share (or show-n-tell) session. Report follows minutes.

Meeting adjourned at 8:15.

Submitted by Mike Belisle, SAHS Secretary on 13 July '12.

Program? Show-n-Tell!!!



Jeanne Hackett Herb chopper with a VERY sharp knife edge
Mama T dry breakfast cereal can be ground fine and blended with your chicken breading flour
Eileen Achorn mystery plants from the garden (Texas



Persimmon was the general consensus); shared sprouts of a couple of other items from the garden (butterfly weed and maize or sorghum)



Marilyn Nyhus

a twig loaded with lacewing larvae - explained that they're attached as they are be-

cause the larvae hatch really hungry and will eat the other, unhatched larvae; repeat share of a digging tool (very sharp and very durable all-purpose item, found online)

David Dawson story about Alfred Giles, architect of the carriage house (at the SABot) and other significant SATX structures; story about living in St. Croix in his teens and about the many famous people who also lived in the islands very quietly



Kathryn Seipp "non-macrame" pot hangers made from trot-line twine and other rope using a simple overhand knot (she'd been looking for something sturdy to hang potted plants)



Lyn Belisle continuing the 'craft corner' in this evening's session: showed off a tee-shirt decorated with a reverse-dye leaf silhouette made using items from the garden, masking tape and diluted bleach. Made just this afternoon - doesn't take any time at all.
Kim Paynter information



from a dentist's study of indigenous peoples' dental health and what THEY do for that - essentially, stick with organic, non-processed foods, etc.



Emily Sauls body powder, homemade using cornstarch and other items. She figured out a formula that helps keep the chiggers at bay using dried (and pulverized) scented geranium leaves in the powder recipe. (see recipe elsewhere in this issue)

Ruth Sagabiel brought "Rooh Afza", a Pakistani beverage syrup that is usually mixed with lemonade or water (or whatever) and served as a refreshing summer drink. Samples were available for everyone to try out.



Jackie Compere brought a bottle of "Cut Vine and Stump Killer" for everyone who's ever tried to get rid of all the hackberry sprouts in their yards.

John Sells herbs for cooking
Vivian Paul talked about her family's favorite dish, lamb stew, and told about how long she's used it after she originally found it in a Southern Living magazine.



Madeline Sprague and Beverly Tibbs talked about the health uses of comfrey (Bev passed around a jar of grapeseed oil which was packed with comfrey leaves) and about companion planting. Madeline highly recommends all the book lovers make regular visits to any local Half Price Book store. Treasures and bargains not to be missed.

Sandra Lyssy described her adventures with the Craft SIG and shared a couple of cleaning items that she's found well worth the effort to keep at hand.



Joe-Beth presented information on a not commonly known oil made from the seeds of the prickly pear (in North Africa, it's called Barbary fig) and talked about the health benefits of using seed oils. Her "insanely expensive" little bottle of oil purchased for her own research was passed around for sampling.

Barbara quirk uses Bounce fabric softener sheets as mosquito repellent



Jeanette Martin another share of a sharp digging tool (this one from China and available at Lowe's)



Yvonne Baca recently joined the culinary SIG and, inspired, set out to find a source for organic lavender buds suitable for culinary use. She succeeded and brought little sample packets to share.

Marla Garza offered an alternative to the standard "Tiki"

torches: use empty wine bottles! The hardware can be found at most any hardware store. She uses several around a residence close to the lake.



Garden Happy Hour-3rd Fridays

Have you heard? SAHS is having a Garden Happy Hour every month! This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. We'll try this on every third Friday of the month from April to October, from 6:30 to 8:30 pm. RSVPs required to help each month's host prepare for you and to provide you with a gate code if necessary.

July at the Duke's

Unfortunately, this happy hour was canceled. Thank you, Sid & Jean, for your generous offer. Hope we can see how the garden grows *next* year!

Skip **September** as that's the day before our Scholarship Garden Tour.

October garden host will be Dean & Gilda DeBenedictis. RSVPs will be needed, so contact them directly.

2013—what's in store? Think about hosting one of these really nice sessions in your garden next year. This could be a new SIG!!

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! Start something new in 2012!

SAHS Membership

NEW MEMBERS

Thank you to all of our members for continuing to make our newest members and guests feel welcome at our meetings! we look forward to getting to know you better and working with you in the months ahead.

NAME TAGS

The next nametag order will be placed following the June meeting. We do keep track of attendance and try to order your nametag when due, but it isn't a fool-proof system, so if you think you're due a nametag (i.e. you've attended 3 meetings since joining), please mention it to the membership chair at the September meeting.



The SAHS

First Garden Tour for Scholarships

Coming up VERY soon, as in **September 22!** What a variety of gardens to see and explore. Get your tickets in August from the SAHS Board or the Tour chairs. \$10 and the "passport" will get you in all nine gardens. You can certainly manage that in the one day! Buy a couple extra and give them as gifts to friends and family! Bring them along. This is a no-kidding, win-win event. Each garden stop will also have a hand-out describing the garden and how its theme has been carried out.



One of the benefits for those folks participating in this tour: there will be a drawing at the October Herb Market from all those completed passports turned in at your last stop. The committee has collected several very valuable prizes (upwards of \$100!).



The tour committee has been doing an outstanding job of collecting hosts' information for the on-site handouts, plus arranging for more publicity. There's sure to be solid results from all that work!

Thanks to our garden hosts (garden themes listed below), our sponsors (those fine folks listed below) and the tour committee for their very focused efforts in getting the tour up and running.

SAHS hopes to make this an annual event benefiting local students. The Tour committee will accept volunteers who'd like to be a part of this on-going project.

Garden Themes:

- Texas Eclectic
- Cacti & Containers
- Xeriscape
- Re-Purposed
- Budget
- Square-Foot
- Wildscape & Butterflies
- Urban Chick(en)
- Urban Chic

Sponsors:

- The Garden Center,
- Rainbow Gardens,
- Antique Rose Emporium,
- Nature's Herb Farm,
- Burns Nursery,
- Schulz' Nursery,
- Fanick's Garden Center,
- Milberger's Nursery,
- River City Nursery
- Big Grass



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-Pouri from A Surrey Garden* (1897)



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

In Our Organic Rose (Herb) Garden:

Pest Control Program: Add the following to Garrett Juice and spray as needed:

Garlic teas or mild vinegar - 1/4cup/gal. or label directions for minor insect or disease infestations.

For thrips, apply beneficial nematodes to the soil in early spring.

Potassium bicarbonate - 1 rounded tbsp. /gal. for minor diseases.

Liquid biostimulants (use per label) Medina Soil Activator or similar product.

Neem or plant oil product - Use per label directions for more serious insect and disease infestations.

Fish emulsion - 2 oz. /gal. for additional nutrients (may not be needed when using compost tea).

For minis, give about 1/2 cup per plant and water in.

General Notes for the Early Fall Season:

It is time to apply a pre-emergent herbicide to prevent winter weeds in the dormant lawn. I like Amaze or XL, but read the labels to see which best suits you. Weed control with a pre-emergent is especially necessary for buffalo grass lawns that are kept short.

Apply iron foliar treatments to chlorotic (yellow) plants and St. Augustine grass, but wait until Oct. 1 for winter lawn fertilizers.

Sow seeds of winter annuals and wildflowers in full sun.

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 also are good choices. If tomatoes have been in the ground and are growing, now would be a good time to apply a slow-release fertilizer. Plant green beans, radishes, carrots, beets, squash and sweet corn for fall (transplant broccoli, brussels sprouts, cabbage, cauliflower also. A protective cover such as Grow Web will counter any searing sun.

Early in the month is the last week to seed Bermuda grass without a high risk of freeze damage (buffalo grass can be planted also - LR). Prepare the soil and water twice a day until a good stand appears - usually about a week.

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 on the SAHS website.

SIG-nificant Events

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

Culinary SIG

Our August SIG meeting found us traveling the rim of the Mediterranean, in a culinary manner of speech. We gathered in Karen's cozy home, set amidst her lush tropical shade garden and her table adorned with large leaves of comfrey.

Various responsibilities and holiday schedules kept our group smaller than usual, but the spread (and the talk!) was nonetheless as varied and delicious as ever. We started with savory asparagus rollups for an appetizer, learning that asparagus originates in North Africa. We proceeded to Greece for a delicious lemon soup, *Avgolemono*, beautifully presented with chopped herbs and thin lemon rounds on top. Then it was a hop to southern Italy for a full-flavored caponata with toasted baguette slices, and back to Greece for their rich version of macaroni and cheese, Pasticcio, redolent with cinnamon and nutmeg. It was off to Morocco, then, for their refreshing carrot salad with parsley and caramelized lemon, infused with cumin, cinnamon and ginger. Our palates cleansed, we returned to Greece for their Currant Cake, a very rich and moist cake fragrant with citrus and spice, and made with olive oil. From start to finish, we sipped a delicious fresh lemon and lime drink infused with fresh basil. A feast from start to finish!

We spent the next hour sharing ideas and making plans for the Christmas banquet, but mums still the word about that!

Next month, we are heading to Carol's and cooler climes, going to the British Isles and Northern Europe. Let's hope our weather in San Antonio takes the hint and co-operates by giving us some temperatures that fit our theme. Stay tuned!

Submitted by Jeanne Hackett

Herbal Crafts SIG

Being a part of the craft SIG is being flexible. This month we had to change directions and decided to do a road trip. We looked around at our options and decided to head up I-35 to Gruene. Yup - we ended up spending Saturday at Gruene's Market Day. We had a fantastic time! We strolled through the market day vendors seeing all kinds of wonderful and unique things, purchasing fun items and sampling the various food items for sale. We then proceeded up and down the streets of Gruene checking out all the shops. We ended our adventure with lunch at the Gristmill River Restaurant.

Next month we will be making lavender fans.

For the SIG's next plan of action, please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Sandra Lyssy

Aromatherapy SIG

The aromatherapy SIG met Jul 24, 2012 to learn about the benefits of Marjoram, touch and smell live marjoram plants, inhale steamed marjoram Young Living essential oil, and taste wonderful soups, salads, bread with cream cheese spread all using fresh or dried marjoram.

Marjoram is a mint in the oregano family. The three main varieties are: sweet marjoram, an annual and preferred in the kitchen, wild or common marjoram, a perennial, primarily for medicinal use, and pot marjoram, a tender perennial also known as Cretan oregano, most often used in hanging baskets as an indoor winter plant.

Medicinally, marjoram has digestive, antispasmodic, carminative, diaphoretic and diuretic qualities. Marjoram tea aids digestion and increases sweating, inhibits viruses, is an antioxidant that helps preserve foods containing it. Used as a steam inhalant marjoram clears the sinuses and helps relieve laryngitis.

In the kitchen marjoram can be described as mild oregano with slightly balsamic favor. It works well with all kinds of meats, fish, soups, and egg and cheese dishes. It is one of the essential herbs in Italian cooking. Marjoram has a particular affinity for legumes and should be added to bean, split pea, or lentil soup. It also enhances the flavor of most vegetables.

In the garden, sweet marjoram seeds are small and slow to germinate. It is best to start them indoors and then set them out when all danger of frost has passed. As with all herbs, choose a sunny location with well-drained soil. Be very diligent in weeding as marjoram seedlings are small and easily overwhelmed.

We ate Split Pea Soup; Italian Bread and Italian Herb Cream Cheese Spread; Carrot Salad with Marjoram Vinaigrette; Marinated Tomato Salad with Parsley and Marjoram Dressing. All participants took home sweet marjoram and golden marjoram plants and seeds and many recipes

If you are interested in joining this SIG, contact Jean Dukes @ 210 566 4379

Life and Thyme of Herbs

This SIG is inactive until further notice.

Healthy Living with Herbs SIG

This SIG did not meet in August. Looking forward to September, though!!



To Ireland We Go!

Postcards from Jane McDaniel

Achill Island, Ireland, July 2012

That house, that you can just about see on the right hand spit of land - that's our's. The view from there!!!!

On one side - here in the front - is a freshwater lake and the bog, on the other the inland sea - an arm of the

Atlantic which separates Achill Island from the mainland (Co. Mayo).



Treasurer's Report, July 2012

Submitted by Barbara Quirk, Treasurer

INCOME

Booklets	\$40.00
Interest Income (savings acct)	0.30
SUBTOTAL - INCOME	\$40.30

EXPENSES

Attendant Fee	\$45.00
Dues, Garden Center (annual)	50.00
Honorarium	50.00
Insurance	475.00
Rent Expense	85.00
Supplies	66.25
Website fee	30.00
Sales Tax	0.00
SUBTOTAL - EXPENSES	\$801.25

TOTAL (Income-Expenses) -\$760.95

ASSETS

Cash and Bank Accounts	
Cash on Hand	\$50.00
Frost Cert of Deposit	1,194.95
Frost Checking	1,133.91
Frost Savings	<u>2,473.58</u>
TOTAL Cash and Bank Accounts	4,852.74
TOTAL ASSETS	4,852.74
LIABILITIES	0.00

OVERALL TOTAL \$4,852.74

'12 - '13 SAHS Board Officers & Members

Marla Garza - President

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