



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 216, MARCH 2008

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

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



March Program

Saving Water, Effort, Space, and Time with Square Foot Gardening
with Dr. Tom Harris on March 20th

No work. No weeds. No digging. No kidding. If that sounds like your kind of gardening, join Master Gardener, Master Pruner, and gardening columnist Dr. Tom Harris as he shares tips on this very simple yet revolutionary system perfect for beginning and expert gardeners alike. He will discuss location, construction, soil, planting, vertical gardening, and out-of-season growing—all on a smaller plot that will save 80 percent of space, water and work. This easy, efficient way to garden is making a comeback because it makes so much sense. The program covers everything from construction of the bed to harvesting.

Tom is a Texas-certified Master Gardener, Master Pruner, and Square Foot Gardening instructor, as well as a founder of the Gardening Volunteers of South Texas (GVST). He is also well versed in plant diseases, insects, drip irrigation, hazardous waste, and compost and soils, and he has been actively involved in vegetable trials and plant propagation. Through his company, The Hill Country Gardener (www.thehillcountrygardener.com) Tom offers a newsletter and yard audit, among other services.

Tom will be bringing along his wonderful gardening calendars for sale. They show what needs to be planted, harvested, and cut back—and when—in a monthly calendar format. He will also have on hand his new book on gardening tailored to our area, *52 Weeks of Gardening*, which is a compilation of 5–10 years of writing for a local newspaper and other journals, magazines, and newsletters. He will be available to sign copies of his book for people. Don't miss this opportunity to get one just in time for spring planting!

You'll want to attend this meeting! Tom is making available a CD copy of his book, *52 Weeks of Gardening*, for a drawing for all members who attend!

PLEASE NOTE: the March meeting is scheduled for the 3rd Thursday of this month (most meetings are on the 2nd Thursday).

The program will begin at 7:00 (with refreshments served beginning at 6:30) at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. The meeting is free and open to the public. For more information, check out our website at www.sanantonioherbs.org

R
E
F
R
E
S
H
M
E
N
T
S

Members with the last names starting with **L-Q**, please bring refreshments to the January meeting. Please be sure to bring some finger foods to share. If you miss your turn, please bring them the following month. Email your recipe to: karyrebecca@yahoo.com and we'll likely publish it in the next newsletter.



TUSSIE MUSSIES....



...to Cindy Moore and Veronica Gard who so willingly pitched in to help at the January meeting. They did a great job filling in for Carol Hamling, greeting members, and collecting dues.

Thank you, girls, with a special thanks from Carol.



Letter from the President

Seven years ago on a cold winter Thursday evening, I walked into the Garden Center for the first time. I was looking to make friends with people who were interested in gardening and cooking with herbs. Janet Miller was president at the time, and she announced that they needed a person to be in charge of the books that were sold at the meetings. I thought, *Well, I could do that.* I learned years before that the best way to meet people was to volunteer. It didn't matter so much what I did as much as getting involved, and the rest would follow.

Over the years I have gone on a picnic with the Gourmet SIG, I have been asked to speak at the Aromatherapy SIG, and I've been invited to an annual Christmas party. I have met people with whom I developed friendships while selling herbs at plants sales, planting herbs at Habitat for Humanity homes, and chairing the committee for the winter banquet.

I volunteered to be the president of SAHS and joined six other people with whom I was to develop a strong bond. As president I not only headed committees and was involved in discussions and problem solving, but I also got to meet and spend time with all the speakers. But best of all was all the members I got to know at various events when we volunteered together; the people I met at the table at the banquets, or before and after meetings.

Well how about you? Do you enjoy making new friends and learning about herbs? Are you ready to step forward and volunteer to be on the board, or sell herbs at "Spring Bloom Give Away," or decorate the float at the King William Parade? If yes, then give me a call at 210-681-6815, and tell me how you will be using your talents in the year ahead as a member of the San Antonio Herb Society. —Carol-lee Fisher



SAVE A TREE

If you are willing to receive your newsletter electronically, please contact Lyn Belisle @ belisle@satx.rr.com to sign up. Advantages? Receive the newsletter before everyone else; all photos are in color (so your newsletter really looks great when printed); and it saves our SAHS valuable resources, such as stamps & paper.

GO!!! GREEN!!! GO!!!

Renew Your Membership

It is that time of year to renew your San Antonio Herb Society Membership. Dues are \$20.00 Single , \$30.00 Dual or \$40.00 Business. All memberships are from January to December . The one exception is if you joined after October 1, 2007, then your membership is good until December 2008.

Please send your completed application with your check to:

San Antonio Herb Society
P.O. Box 90148
San Antonio, TX 78209

Can't find your Application form? Find one at www.sanantonioherbs.org

Thanks.
Carol Hamling
Membership Chairman
493-8713

Do You Have A SAHS Name Tag?

HELLO!



Welcome to
the
SAHS

If you have attended at least three Herb Society meetings you are eligible for a free nametag. If you do not have one, please contact Carol Hamling, Membership Chairman. You can email her at

obith@satx.rr.com

or fill out a nametag form at the sign in desk before any monthly meeting. Please remember to wear your SAHS to every meeting & event! Thank you.

JANUARY TREASURER'S REPORT

Submitted by: Jennifer Hubbard

BEGINNING BALANCE:

\$4,574.81

\$1,771.10 INCOME



EXPENSES:

(\$22.93)	Marguerite Hartill
(\$25.00)	attendant fee
(\$85.00)	garden center
(\$17.21)	Helga Anderson
(\$49.98)	utility media
(\$96.00)	postmaster
(\$49.98)	Sandra Lyssy
(\$32.31)	DIANE LEWIS / UPS
(\$205.00)	Sandra Lyssy
(\$156.81)	state comptroller
(\$40.55)	blazing lazer
(\$85.00)	garden center
(\$25.00)	attendant fee
\$5,455.14	ENDING BALANCE
\$1,058.80	2 YR CD:
\$1,023.31	SAVINGS:
\$0.00	TRANSFERS:
\$7,537.25	TOTAL ASSETS

Hat...and SHOE Competition in April!

Real men love parades, so who says only women in the San Antonio Herb Society get to decorate hats to participate in the famous King William Fiesta parade? And who says only the ladies can show off funky shoes with their gorgeous dresses? Not us, so get ready, members of the San Antonio Herb Society, because we are going head to head and foot to compete with the other festival floats and show off the most beautiful, most outrageous, and most astounding herbal hats and shoes when we participate in the King William Parade during Fiesta! Get your creative juices flowing because we are going to have a members-only contest for the best-decorated hats and shoes in the following categories:

- Most beautiful
- Most humorous
- Most creative
- Best in show

The theme of this year's parade is poetry, so go ahead...see if you can combine poetry and herbs in your hat and shoe decorations. Special prize to anyone who can make a rhyme with your favorite herb...be it cilantro, sage, thyme, or calendula. We can use these rhymes to decorate the float.

Your hat can include any materials you choose—living

plants and flowers, silk flowers, photographs, or props. It can boast whatever you're interested in (your alma mater, your family, or your gardening, for example) or be as high and as wide as you can wear on your head. The sky's the limit!

So, go ahead...knock our socks off, but keep those hats and shoes on! There are prizes to be won. The grand prize winner will be enthroned on our King William Parade float as Herb Queen or Herb King.

Plans are under way to participate in the Fiesta parade in King William on Saturday, April 26. The parade rolls at 10 a.m., and the parade lineup starts as early as 7:30 a.m. Each participant needs to sign and submit a waiver of responsibility form (available at <http://www.kwfair.org/parade/08paradewaiver.pdf>). Save time at the meeting by downloading and signing your ahead of time.

This is the most unique Fiesta San Antonio Parade that you've ever seen, and the Herb Society's float is always a crowd-pleasing standout. Be sure to join us. It'll be non-stop laughs for several hours.

And if you are not sure you'll be able to participate in the parade, but you're thinking about it, just go ahead and submit the signed waiver anyway. That way, you'll have the option after the deadline for submitting the forms.

For more information, visit <http://www.kwfair.org/parade/index.htm>

Any other questions? Contact Rebecca Kary (karyrebecca@yahoo.com 210-200-8512).

To see photos from previous years' entries, visit our website:

<http://www.sanantonioherbs.org/06kw.htm>

<http://www.sanantonioherbs.org/KingWillie.htm>



February Program



Romance was in the air for our February SAHS program. Jean Dukes, Certified Aromatherapist and one of our very own members, gave an inspiring and informative presentation on essential oils and love, which was a most appropriate theme on Valentine's Day.

When we entered the meeting room, Jean had some romantically decorated displays, but best of all, the diffused fragrance of lavender filled the air and set the mood. She gave us lots of great ideas to add spice and romance to our love lives.

She passed around pieces of paper with a few drops of each oil on them while describing their special properties. That way we could get personally acquainted with the individual qualities of each scent. She gave us a great handout with lots of good ideas & recipes for romance. If you missed the meeting and would like the handouts click on:

www.sanantnioherbs.org/jean-dukes.htm

We all went away uplifted and relaxed from her informative talk. Jean is available for speaking and teaching on essential oils, including an Introductory Class, Bible Oils, Emotional Oils and Green Housekeeping. Contact her for more information at 566-4379 or 10days@earthlink.net

Thanks, Jean!



SAWS Spring Bloom Giveaway

For all of you out there who love to sell herb plants or just love to talk to people about your garden...For everyone who misses working at the booth at Viva Botanica...For everyone who joined the SAHS to learn more about herbs...how to grow them and which ones are which...Circle Saturday March 15 on your calendar and call Carol-lee at 210-681-6815 and tell her what time you can come!

Plant Sale

8:30 a.m.-noon March 8, Madison Elementary School, 2900 W. Woodlawn Ave. This sale will feature old-fashioned roses, citrus, figs, herbs, vegetables, hanging baskets, and houseplants.

2008 Garden Center Plant Sale

9 a.m.-5 p.m. March 14-15, San Antonio Garden Center, 3310 N. New Braunfels Ave.

This two-day Plant Sale happens the second week of March. The Garden Center will feature bedding plants, cactus, begonias, daylilies, herbs, mini roses and more. (210) 824-9981



Festival of Flowers

May 24 9-5 Alzafar Shrine
901 N. Loop 1604 West

(between Stone Oak Parkway and Blanco Road)

Admission: \$5 adults; children under 10 free; free parking. Visit the website for a "\$1 off" admission coupon:

www.safestivalofflowers.com

The Festival of Flowers is an event to shop for beautiful and unusual plants, quality products and services, landscaping ideas, and expert advice on gardening and outdoor living environments.



Herbal Crafts SIG Report

Since spring planting is just around the corner, we thought it would be useful to be prepared by having nice-looking, more permanent markers for our herbs. So in February, Sally Ann Hnatiuk led a session on making copper plant labels for the garden. Sally Ann told us where to buy the sheet of copper (craft stores) and copper wire to use as the stakes for the tags (stripping off the insulation from copper wire purchased in any home improvement store is cheaper than buying the wire at the craft stores).

We then cut out the shapes we wanted, learned how to use stippling techniques to make an attractive border, and traced the letters of the plant names and designs to make an impression on the tags. Some of us learned how to solder for the first time as we affixed the tags to the wire stands. We had a good time and found it was easy enough to make copper tags on our own. Sally Ann suggested marking two labels:

Plantus unknownus

Weedus victorius

Visit this website to get specific instructions on how to make your labels easily: <http://www.backyardlivingmagazine.com/Classic-Plant-Markers/detail.aspx>

Virginia Perkins brought some recipes for us to help with end-of-winter colds and flu, along with how to use frankincense, hyssop, and lavender to help with the symptoms.

Many thanks to Evelyn Penrod for her gracious hospitality and to Sally Ann for her creative presentation.

The next meeting of the Herbal Crafts SIG is March 15. We'll be learning some new techniques for decorating eggs. Contact Rebecca Kary if you are interested in joining us: 210-200-8512 or karyrebecca@yahoo.com

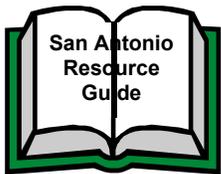


Soldering the Wires to the Tags



Some Finished Products

The SAHS Resource Guide: A Rediscovered Treasure for the 21st Century



Lyn Belisle recently proposed that we update and reissue the SAHS Resource Guide for San Antonio. The idea was enthusiastically received. The first planning session for the new committee was held February 26.

Folks, this is going to continue to be THE herbal guide for the San Antonio area. This is where you'll go to learn about the best herbs to grow in the area, to learn more as a beginner or seasoned herb gardener, or to figure out where to go for everything from herbal crafts and cooking to aromatherapy and medicinal uses of herbs. There will be tips from regional experts, along with contact information for nurseries, herb farms, learning centers, and herbal retailers of all kinds.

We're hoping you will give us your opinions, feedback, and tips as we produce the new edition. Visit the website and have a look at the table of contents from

the 1994 edition: www.sanantonioherbs.org/08ResourceGuide/TOC94.pdf. Please tell us what you think and what you'd like included. Contact Lyn Belisle, the committee chair, with your input: belisle@satx.rr.com

A LOOK AHEAD

Our own
Diane Lewis



will be presenting April's program. Diane has an extensive knowledge of gardening and herbs and teaches classes throughout San Antonio. If you've ever attended one of her classes, you know what a great job she does. Look forward to an excellent April presentation and be sure to mark your calendars for April 10th.

BRIAN'S MARCH TO-DO LIST

Please note, most of the information shared here was obtained from Research-based sources (see contributors acknowledgments below), and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt". (compiled by MG Brian D. Townsend)



"I have found, through years of practice, that people garden in order to make something grow; to interact with nature; to share, to find sanctuary, to heal, to honor the earth, to leave a mark. Through gardening, we feel whole as we make our own personal work of art upon our land." - Julie Moir Messervy, The Inward Garden

1st WEEK:

Depending on the weather, yearling Purple Martins should begin to start arriving now through the rest of the month, looking for nesting sites to colonize. Houses should be cleaned and ready to go up. No matter what, keep the housing up through June, martins may arrive and begin nesting as late as the end of June. - *PMA*

The first of March is typically the last frost date, but we have gotten nipped as late as the first week of April. - *SB*

The first few days of this month is the last call for planting bare-root dormant rose bushes. They can be planted later with success, but they will not grow off as quickly or as well. - *AJW*

Last chance to apply pre-emergent herbicides and receive their full benefit. Remember to water them in lightly.

Still time to mow/cut well established Asian Jasmine, liriopse and mondograss, feed with a slow-release lawn food (never use a weed & feed). Harvest spinach, leaf lettuce, collars and other greens one leaf at a time as you need them for salads.

To revitalize your lawn, aerate and top-dress your lawn now with a 1/2 inch of compost.

Prune the tallest, thinnest canes of nandina to 2" to encourage thicker bushes. - *TAE*

Complete all transplanting of trees and shrubs. Water well until roots have had time to establish. - *LR*

"Scalp" lawn as needed to remove browned winter stubble. Set mower down 1 or 2 notches, and wear quality respirator and goggles. Don't confuse this with dethatching, which is rarely recommended.

Fertilize pecans with 21-0-0 or other high-nitrogen fertilizer on 30-day intervals early March through early May. - *NS*

"Longer days are here again!!!" - (me)

In Our Herb Garden: Mar. 15 is the average last frost date for our Zone 8 (b). * Thin annual seedlings planted in February. * Plant transplants of annual or perennial herbs and label cultivars for identification. Examples to plant are parsley, French thyme (which does better in S.A.'s hot months than English thyme), oreganos, and Mexican mint marigold. * Plant basil seed, which needs warm soil (day/night temps, above 60 degs.). * Plant ginger roots shallow in area where they will receive afternoon shade. For edible ginger, purchase firm roots from the produce section of your local grocery store. - *HERBS: A Resource Guide for San Antonio*

2nd WEEK:

Feed deciduous trees and shrubs as they resume growth.

The live oak leaves may be falling, this is normal, no cause for alarm. The round growths on the leaves are wasp galls, harmless to the tree. Use them for mulch.

Paint all wounds on oak trees with pruning paint or latex paint immediately after the wound is made or discovered in order to prevent the spread of oak wilt.

BALL MOSS does not harm oak trees, but you can apply cupric hydroxide (*Kocide*) now to control it.

Side-dress onions with 1 cup of slow-release lawn fertilizer or 2 cups of organic fertilizer per 10 feet of row. - *CF*

Sow sweet corn, snap and lima beans and cucumber seeds. Plant watermelons, squash, seed potatoes, carrots and all types of beans.

3rd Week

We have passed the average fast frost date for San Antonio. (It can still freeze! The time of the latest freeze is still two weeks away.) When the nasturtiums get attacked, just yank them out and destroy them, leaving your other plants in fine shape. - *(ROGB)*

Revitalize leggy salvia, pomegranate, crape myrtle, vitex, ceniza and other shrubs by removing the old stem at ground level. Leave three to eight young stems.

Let potting medium of geraniums dry between waterings.

If weather is looking good, this is a good time for planting cantaloupes, watermelons and cucumbers. - *TAE*

4th Week:

Goldfinches are changing to their breeding plumage now. Keep providing thistle and sunflower seeds for another month before they head north.

Consider geraniums for a splash of color on the patio or balcony.

Wait to fertilize your lawn until you have mowed real grass twice. Fertilizing too early only benefits the weeds.

Peak wildflower time in the San Antonio area probably will be during the first week of April. -*CF*

Begin a fruit-tree spray program, alternating fungicide and insecticide, after fruit blossoms fall. - *EO*

Ground temperature is warming up, and hot-season crops can be sown. Consider planting

Southern peas, pumpkins, peanuts, squash and okra. - *TAE*

Mow or prune overgrown Asiatic jasmine.

* 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.

PMA - Purple Martin Association; visit their web site @ www.purplemartin.org.

SB - Steve Brown, meteorologist with KSAT; visit their web site @ www.ksat.com.

CF - Calvin Finch, (former) Bexar Co. extension agent for horticulture, Texas Agricultural Extension Service (courtesy S.A. Express-News)

EO - Edna Ortiz, (former) Bexar Co. extension agent for horticulture, Texas Agricultural Extension Service (courtesy S.A. Express-News)

AJW - A.J. "Pop" Warner, Consulting Rosarian, writer of the book "A Year in the Rose"

TAE - Texas Agricultural Extension Service, Bexar County (courtesy S.A. Express-News)

LR - Lynn Rawe, (former) Bexar Co. extension agent for horticulture, Texas Cooperative Extension Service (courtesy S.A. Express-News); visit their web site @ www.bexar-tx.tamu.edu.

HG - John Howard Garrett, aka the "Dirt Doctor"; visit his web site @ www.dirtdoctor.com.

NS - Neil Sperry, Texas horticulturalists, Publisher "Neil Sperry's GARDENS" and contributor to S.A. Express-News. Visit his web site @ www.neilsperry.com.

This is a very abbreviated version of Brian's To-Do List. Read Brian's complete, unedited list on the SAHS website at www.sanantonioherbs.org/todo.htm

DISCLAIMER

Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only and a person may have a reaction to any herbal product even though it is not a toxic substance.

'07-'08 SAHS Board Officers

Carol-lee Fisher-President

681-6815, aforkintheroad@sbcglobal.net

Carol Hamling - Vice President Membership

493-8713, obith@satx.rr.com

Jennifer Hubbard - Treasurer

326-4433, jennhubb27@yahoo.com

Rebecca Kary - Secretary / Newsletter Editor

843-0598, karyrebecca@yahoo.com

Lyn Belisle - Publicity / PR / Webmaster

826-6860, belisle@satx.rr.com

lyn.belisle@trinity.edu

Jean Dukes - Newsletter

566-4379, 10days@earthlink.net

Helga Anderson - Historian

CONTACTS

Sandra Lyssy - Hospitality

659-5561, slyssy123@yahoo.com

Frankie Campbell - Hospitality

602-2540

Patty Wilson - T-shirts, Cookbooks

647-0838, dwilson@satx.rr.com

Robin Maymar - Flyer Coordinator

494-6021, frog23@texas.net

Business Members

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

Diane R. Lewis, B.S. & A.A.S.
Herb, Cooking, & Gardening Classes/
Landscape Design
Longaberger Basket & Pottery Consul-
tant
(210) 495-6116
drldesigns@swbell.net
www.communityed.neisd.net
www.longaberger.com/DianeLewis

Florame Aromatherapie
Alain Berthelot
(20% off to SAHS members)
4400 Broadway Ste. 105 SAT 78260
(210) 821-4100
info@usa-florame.com
www.florame.com

In Home Senior Care
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205 SAT 78228
(210) 256-2273
www.inhomeseniorcare.net
www.inhomeseniorcare.net

Mexico Lindo
Rosy Davila
10681 W. Loop 1604 N
San Antonio, TX 78249
210-695-2162
Rdavila015@satx.rr.com
Rdavila015@satx.rr.com

PALAIS rejuven e
Aesthetic Clinic & Spa
8000 Broadway
San Antonio, TX 78209
210-930-6772
maryrocha@palaisjuvenee.com
maryrocha@palaisjuvenee.com

**Ten Days Health Ministry Natural
Health Counseling & Essential Oils**
Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.tendayshealth.com

www.sanantonioherbs.org



PLEASE SEND TO:

**DON'T LET THIS BE
YOUR LAST
NEWSLETTER!
RENEW TODAY!!!
form available @
www.sanantonioherbs.org**

www.sanantonioherbs.org
San Antonio, TX 78209
PO Box 90148
The San Antonio Herb Society