



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 247, October 2010

*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, October 14, 2010

## Judy Barrett of Homegrown



Judy Barrett was the founding editor and publisher of HOME GROWN: Good Sense Organic Living for Texas, which was published for 12 years. She was previously the editor of The New Garden Journal and one of the hosts of the public television series, The New Garden. A long-time organic gardener, Judy writes for various regional and national gardening publications.

She is also the author of several gardening books including Tomatillos: A Gardener's Dream A Cook's Delight and How To Become An Organic Gardener in 7 Easy Steps. She is now an occasional columnist on gardening for Edible Austin. Judy speaks to groups about gardening across the South and Southwest regions, including garden clubs, events and nurseries, herb societies, Master Gardener and Expert Gardener training. Her book: What Can I Do With My Herbs? was published by Texas A&M Press in the spring of 2009. Her new book, What's So Great About Heirloom Plants? will be published by Texas A&M Press in late October, 2010. She holds BA and MA degrees in English from the University of Texas at Austin and has edited books on a variety of topics, including gardening, business, medicine and others.



Members whose last name begins with N-S are asked to bring a snack for the hospitality table. Don't forget to bring the recipe to share. AND don't forget to meet and greet any visitors or new members and show them around.

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](http://www.sanantonioherbs.org)

### Herb Market Time is HERE!! October 16

9 am to 5 pm at the Pearl Complex on Grayson

IT'S HERB MARKET TIME and there is Dill in the air! This year the featured chef will be none other than Jason Dady of The Lodge in Castle Hills, Bin 555, Tre Trattoria, Two Bros. BBQ Market and Insignia at the Fairmount downtown. Chef Dady will demonstrate recipes featuring dill and, as he is exceptionally creative, you will not want to miss this program. The featured speaker will be Pat Sharpe with Texas Monthly who will walk us across Texas focusing chefs who feature herbs on their menus. Our own Diane Lewis and Joe-Beth Kirkpatrick will present a program on "Dill - Herb Of The Year". Our founder, Mary Dunford will give a talk on growing herbs.

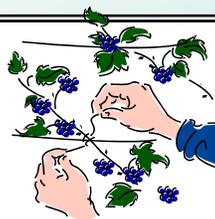
This year, for the first time, we are planning to have a craft workshop which will require a signup and a fee and you can take home some beautiful gifts. The workshop will show you how to use dried flowers in arrangements and crafts and will be given by Mary Dunford and Theresa Howard, owner of Yesterday's Garden. I saw some samples at the last Herb Market meeting and they were beautiful. These are just some of the highlights of the event.

We will again be at Pearl Brewery on Saturday October 16, doors open at 9:00 and close at 5:00. The Farmer's Market will be going on from 9:00 - 1:00 and the San Antonio Herb Society will have our booth all day selling our Cookbooks and Resource Guides. We will also "man" the table for the official Herb Market T-shirts to help the Herb Market Association raise money for the event (and defray some of the SAHS expenses).

If you would like to volunteer to work at either table, we still need some help. Contact Diane Lewis at (210) 495-6116 or email her at [lewisdr@swbell.net](mailto:lewisdr@swbell.net). Diane will also have her sign up sheets available at the October meeting.

You can visit the Herb Market website at: [www.sanantonioherbmarket.org](http://www.sanantonioherbmarket.org) for program information and for a list of vendors as we add them. See you on the 16th!

Submitted by -- Evelyn Penrod



### Members' Sale Tables at General Meetings

Contact Jean Dukes to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.

### Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

### Hospitality Table Schedule:

Oct N-S  
Nov T-Z  
December Banquet:  
ALL  
Jan: A-F  
Feb G-M

### From the Old Farmer's Almanac:

Next meteor shower with any oomph is the Orionid; best time to view is in the predawn on October 21-22. See around 15 shooting stars/hour.

The Full Hunter's Moon In the Northeast, this is the month when the leaves are falling and the game is fattened. Now is the time for hunting and laying in a store of provisions for the long winter ahead. October's Moon is also known as the Travel Moon and the Dying Moon.

Ref: [www.almanac.com](http://www.almanac.com)

### Inside this issue:

Member Recipes	2, 6, 7
Over the Fence	3, 4
August Minutes and Meeting Report	4, 5
Treasurer's Report, Membership Report	5
Brian's Garden To-Do List	6

Be sure to view the unabridged version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

If you would like to receive the SAHS newsletter electronically, please contact Lyn: [belisle@satx.rr.com](mailto:belisle@satx.rr.com)



## Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the September meeting:

### Smoked Salmon Sandwiches

*Submitted by Sally Ann Hnatiuk*

1C soft cream cheese  
20 slices bread, your choice  
1/2C capers  
12 oz thin-sliced smoked salmon  
juice of 1 lemon  
black pepper to taste  
Directions

Spread the cream cheese on one side of each slice of bread. Dot with capers. Arrange the smoked salmon on 10 of the bread slices and brush with lemon juice. Pepper generously. Top with the other 10 slices, remove the crusts and cut. Makes 40 tea sandwiches or 30 fingers.

### Almond Chicken Salad Sandwiches

*Submitted by Sally Ann Hnatiuk*

Ingredients for bread spread  
3/4C butter  
2 tsp lemon juice  
pinch salt  
1/2C fresh (or 2 Tbs dried) basil (finely chopped)

Ingredients for Filling  
1 C finely chopped cooked chicken meat  
1/2 C mayonnaise  
1/2 C slivered almonds  
Salt & Pepper to taste  
20 slices of bread, your choice  
Directions

Combine the filling ingredients. Spread each slice of bread with a thin layer of the butter mixture. Add the filling to half the bread slices and top with the other half, buttered sides in. Remove the crusts and cut the sandwiches as desired. Makes 40 tea sandwiches.

### Cucumber Tea Sandwiches

*Submitted by Sally Ann Hnatiuk*

Ingredients  
1 large cucumber, peeled & sliced very thinly  
salt  
3/4 C soft butter  
2 tsp fresh garlic, minced  
20 slices bread, your choice  
1 Tbs lemon juice  
1 Tbs olive oil  
pepper to taste  
Directions

Lightly salt the cucumber slices and place them in a colander to drain for 1 to 2 hours. Then combine the butter and garlic and apply to one side of each slice of bread. In a small bowl, sitr together the lemon juice, olive oil and pepper. Add the cucumber slices, coating them well. Arrange the cucumber on 10 of the bread slices, top with the other 10 slices, remove the crust and cut into quarters. Serve immediately. Makes 40 tea sandwiches.

### Deviled Egg Sandwiches

*Submitted by Sally Ann Hnatiuk*

Ingredients  
3/4 C soft butter or cream cheese

20 slices bread, your choice  
4 or 5 hardboiled eggs  
8 oz canned sardines, drained & oil reserved  
12 Tbs mayonnaise  
2 tsp mustard  
1 Tbs lemon juice  
1/4 tsp cayenne pepper, or to taste

Directions

Spread 1 side of each slice of bread with butter or cream cheese. Please all remaining ingredients except reserved oil in food processor. Whirl until a creamy consistency is formed, adding reserved oil and/or mayonnaise as needed. Spread the mixture evenly over 10 slices of bread, top with the other 10, remove the crusts and cut into tea sandwiches. Makes 40 quarters or 30 finger sandwiches.

### Zucchini Brownies

*Submitted by Maria Luhrman*

Ingredients for Brownies  
1/2 C vegetable oil  
1 1/2 C sugar  
2 tsp vanilla extract  
2 C all-purpose flour  
1/2 C unsweetened cocoa powder  
1 1/2 tsp baking soda

1 tsp salt  
2 C shredded zucchini  
1/2 C chopped walnuts  
Ingredients for Frosting:

6 Tbs unsweetened cocoa powder  
1/4 C margarine  
2 C confectioner's sugar  
1/4 C milk  
1/2 tsp vanilla extract

Directions for brownies:

Preheat oven to 350oF (175oC)

Grease and flour a 9x5inch baking pan.

In a large bowl, mix together the oil, sugar and 2 tsp vanilla until well blended. Combine the flour, 1/2 C cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared baking pan.

Bake for 25 to 30 minutes in the preheated oven until brownies spring back when gently touched.

Directions for frosting

Melt together the 6 Tbs of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 tsp vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

### Jane's Smashing Good Cheese Spread

*submitted by Jane McDaniel*

1 pkg. of Philadelphia Cream Cheese or similar - frozen  
handful each of basil leaves and chives - chopped fine  
1/4 tsp. Sambal Curry mix  
salt and freshly ground black pepper to taste  
1/2 tsp garlic flakes (or two garlic cloves chopped finely)

Defrost cream cheese in microwave until it is creamy. Put container in a bowl with ice cubes to cool it down, but not harden. Add all the ingredients, mix well, let stand for 30 minutes at room temperature. Spread on crusty, fresh white or sourdough bread, and ENJOY.



## Over the Fence...

### 2010 Program Line-up



**October:** Judy Barrett of "Homegrown" with a topic title of "What Do I Do With My Herbs?" This program will show how herbs can be fun and useful inside and outside your home. Lots of time for answering gardening and use questions.

**November:** SAHS member Diane Lewis on Landscape planning

**December:** Annual winter member-only banquet. Coordinators and a theme and decorators and helpers are all needed to help plan this event; please see any board member VERY SOON.

### Next Board Meeting

October 25, 6:30 pm. These meetings are open to the general membership. 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.

### Tee-shirts, totes and aprons available

Talk to Patty Wilson at the sales table at the next meeting.

### SA Botanical Garden Events

Beginning Bird Walks every third Saturday at 9 am. Playhouses and Forts thru October 24.

**BOO**tanica celebration and Sale Day, October 24, 9-4

We're gearing up for the final plant sale at the garden for 2010. It will be in conjunction with the botanical garden's **BOO**tanica celebration and will take place in Gertie's Garden at the San Antonio Botanical Garden. Prices for plants in gallon pots will be: 1 to 3 pots, \$5 each; 4 to 9 pots, \$4 each; 10 pots or more, \$3 each! Even better, get a free plant for every 25 empty gallon pots you return to the garden. There is still a great selection of unusual plants, as well as local favorites, including Texas natives and water-savers.

### Herb Classes by Diane Lewis at the SABotanical

Oct 09 9-noon You will design your herb garden on graph paper and take a short tour of the herb gardens and other notable garden spaces at the San Antonio Botanical Garden. Fee: \$41. A \$5 supply fee payable to the instructor covers materials, herbal snacks & beverage and recipes

Oct 23 9:30 to 1pm Savor the joys of an edible and useful landscape! Fee: \$43. A supply fee of \$10 is payable to the instructor and covers materials, herbal tea, bath salts and an herbal-based lunch.

### FaceBook.com SAHS Internet presence

Did you know that SAHS has a page in the FaceBook system? Known as a social networking site, Facebook and its registered users (it's all free!) provides an interesting way to maintain casual contact with individuals, groups and businesses. Our page may be found by going to our existing web page, [www.sanantonioherbs.org](http://www.sanantonioherbs.org), and clicking the big blue "F" icon.

### MeetUp.com Possible new Internet venue

The SAHS is investigating using "Meetup.com" as another web venue for advertising our organization. To do this, we need a member to be moderator of the page for at least one year. You would be responsible to setting up the page, creating a calendar of meetings with topics plus any special events. You would need to check this site regularly to monitor visitor traffic and/or inquiries and direct them to the appropriate answer(s). If you have experience using this site, please give your input to any board member.

### Greeters

Remember the first time you walked in to a meeting or class and didn't know a soul? Sometimes that subtle feeling of strange is enough to prevent you from returning. SAHS is nothing but friends and we want anyone who ventures to a meeting for the first time to feel at home.

Take a minute to get signed in, then introduce yourself to someone new. Offer to help the visitor find a good seat or something cool to drink or snack and maybe have a nice conversation in the process. Help us help our visitors and thanks!

### From the Herb Companion's online e-news

Take a minute This is serendipity at its best: A recent issue spoke at length on various uses for everyday teas. Here's a few examples: Soak bags of black tea (think Lip-ton's) in cool water, blot excess drippiness and place under the eyes for a while to reduce puffiness; soaked green tea bag on insect bites help relieve the sting and itch; sunburns can be relieved by hanging 4 or 5 oolong, jasmine or green tea bags under the bath spout as it fills the tub.

For more, see [www.herbcompanion.com](http://www.herbcompanion.com) and search for "Body & Soul: Wake Up Skin and Hair with Refreshing Tea"

### Mitchell Lake Audubon Center

#### 6th Annual Fall Wildlife Festival & Plant Sale

All Aboard for the 6th Annual Fall Wildlife Festival & Plant Sale at Mitchell Lake Audubon Center. This is a great way to introduce yourself and your family to Mitchell Lake. Open to the public, this event is both educational and acts as a low-key fundraiser for the center. The restoration of this area as a wildlife conservation area of progressing through events such as this.

Saturday, October 23rd, 9 am to 4 pm, FREE entry, many activities including: hayrides, SAWS Autumn Bloom Giveaway, Kids Birdhouse Building with Home Depot, Raptor Show with Last Chance Forever, Butterfly Walks, Kid's Crafts, Reptile Exhibit, Info booths, Great Native & Drought Tolerant Plant Sale, Solar Viewing with the San Antonio Astronomical Association, KLUP live radio broadcast, TPW Animal Safari, Great Vendors, LHI Chuck Wagon, Native Plant Walks, Green Haven Industries and the Salado Creek Foundation.

#### Also at Mitchell Lake

A weekend "Photography and Nature" workshop conducted by Gary and Kathy Clark. October 30-31. Call the MLAC to reserve a spot.

**Did any of you try** the Matcha Cake (a VERY green and tasty cake) submitted by Café Green Tea (<http://cafegreentea.samsbiz.com>)? It was really good. They're located on Callaghan, just east of Fredericksburg Road. Gonna have to go try their other bakery items...

#### Need something to do for a day trip?

Go to the Hill Country and visit the M&J Lavender Farm, on 2484 Round Mt.-Sandy Road, Johnson City. Mitch brought the 'still that was used in an essential oil distillation demo at Pearl back in August. Nice folks - go see 'em. [www.mjlavenderfarm.com](http://www.mjlavenderfarm.com)

#### September 18th, a Plant Sale at the SABot

Marguerite Hartill & Marilyn Nyhus (both SABot volunteers had propagated SO many herbs that the Garden let them set up a separate table to sell herbs AND the SAHS cookbook and Resource Guide. Hope they sold lots!!!

## Minutes from September General Meeting

September 09, 2010

Meeting started at 7:05pm. There was approval of minutes and treasurer's report. An announcement reminding those who need name tags (new members must have attended at least 3 meetings) to see Gayle to order the tag.

The Board is investigating the purchase of a computer-compatible projector and screen. Please contact any board member if you have one to donate or know good information on purchasing a used system.

Announcement regarding SAHS investigating setting up and maintaining a site within the [Meetup.com](http://Meetup.com) website: Please see any Board member if you have worked with and have information to contribute.

Marilyn Nyhus talked about plant sale at the Botanical Garden greenhouses on Sept 18 from 9am-1pm. They will also be selling SAHS cookbooks and resource guides.

Diane Lewis reminded everyone about the annual Herb Market on Oct 16, 2010. Event will be held at Pearl Brewery. She emphasized the importance of many volunteers and listed some of the other presenters known at this time. Please take flyers (on the back table) to hand out to your friends, etc.

Jean Dukes introduced Pamela Dax Dean who gave a wonderful demonstration of teas from China, India, and Sri Lanka.

Our next meeting will be Oct 14, 2010 Judy Barrett's topic will be "What Can I Do With My Herbs?". Congratulations to Madeline Sprague and Aldrea (one of the program presenters) for winning door prizes for the evening.

Meeting was adjourned at 8:30pm.



### September Program with The SA Tea & Herb Enthusiasts

What a display our presenters spread out for us to see (and smell and taste!)

"Tea" as we know it is from the camellia senensis plant.

Teas were once used as legal tender and are still used as medicine.

White teas are the least processed or fermented; usually picked in spring and are usually highest in antioxidants.

Green tea is fermented or dried 1-2 days and is fairly high in antioxidants.

Black tea is fermented or dried the longest and has the least amount of antioxidants but helps keep arteries "soft" and flexible. Some teas are like wine - the flavors get better with age.



A regular black tea can be decaffeinated (to the tune of about 50%) by "rinsing" with hot water for less than a minute, draining off this first tea, then pouring in fresh hot water ("keep your tea low and your water high") and steeping for up to 3 minutes.



Later Dax demonstrated a traditional method for preparing and serving tea using Ti Quan Yin or "Iron Goddess". She noted that this tea has such a delicate floral fragrance and flavor that



a packet, once opened, should be used within two months. It was explained that tea should be poured off the brewing pot and into a second pot prior to serving to allow the tea to properly stir and blend itself. The served tea will have an excellent and true taste and aroma. Take 3 sips to drink

the tea served in the tiny bowls: first to slurp and appreciate the aroma, second a swallow and exhale through the nose to further appreciate the aroma and then the flavor, finally the third sip & swallow to again savor the tea.

A table with ten teas on display off to the side garnered a good bit of interest. The display included these items:



Silver Needle (white), Buo Zhong (green oolong), Blink Bonnie (oolong, a.k.a. Arjuno), Jasmine pearls (green; this tea is fermented briefly with jasmine flowers to acquire the floral scent before it is rolled into little balls then dried), Black Dragon pearls (black, rolled into balls about like a marble),

Tie Guan Yin (oolong), Special Frost (oolong) and Zlin Mng Du (a cake or block of tea; the desired amount is simply broken off the cake for brewing). See the photos.



### Planting My Fall Vegetable Garden...

It's time to get those Fall and Winter vegetables in the ground. After searching around amongst a few San Antonio nurseries, I finally tracked down some very small Brussels sprouts plants at Schulz on Broadway. So, two weeks ago I finally planted transplants of peppers, tomatoes (Surefire for quick harvesting), broccoli, one large zucchini, and the Brussels sprouts. This last weekend I filled my raised beds with the rest of my planting list, all from seed: chives, parsley, dill, cilantro, (some in pots so that I can share), spinach, radishes, bush beans (mature faster than pole beans), Swiss chard, turnips, three rows of beets (the greens are delicious, steamed, and the beets, I have discovered, can be fried – yow! Not just made into a salad with dill and onions, and leaf lettuce. The leaf lettuce matures really fast – today, four days after planting the seeds, the small green shoots are already up. There's a basic rule when planting leaf lettuce in the fall: put the seeds on top of moist, fertilized soil, and press them down onto the soil – don't cover them. The bush beans, too, should not be planted too deep; as the Germans say, they should be able "to hear the bells ringing", so lightly cover them with earth. It's important to keep your planting beds watered, gently; I do it for a couple of minutes in the early morning and evening. When all the new, green shoots are showing, then it's sufficient to water them once a day; in the mornings, when the ground is coolest, you can use drip irrigation or water gently with a watering wand or can. A week after that you can water as needed. And did you fertilize the ground before you put everything in? Well-prepared ground is the secret to good gardening, I've found.

I may have finally done things right; after living in

San Antonio for 17 years and adjusting with more or less success to the triple growing season here. And when will all those juicy vegetables be ready for the dinner table? The bush beans should be ripe for picking by the end of October; the leaf lettuce can be harvested from the outside as new leaves will grow from the center of the plant; spinach should be good by November and even better if we get some cold days after that, and the cole crops – broccoli and Brussels sprouts – will be ready in the spring, as will the root crops (turnips and beets.) I'm also looking forward to picking fresh herbs for the kitchen this winter! Last spring we were still harvesting Brussels sprouts from 2-year old stalks – they had survived and grown in spite of cabbage flies and aphids, thanks to generous spraying of my "special" mixture, i.e. soap and water and Tabasco sauce.

Looking back at that lovely bed, filled with all sorts of winter goodies: why didn't I plant carrots? There was no room left. And it would have been so easy to put those seeds on the ground, just like the lettuce. Next year...

*Submitted by Jane McDaniel*

### Book Reviews: Dangerous Garden

I've been re-reading Dangerous Garden, by David Stuart, an English botanist and nurseryman. It's a history of the discovery of so many of the herbs and plants which we use today.

Stuart tells the enthralling story of botanical medicine, revealing more than soothing balms and heroic cures. Many medicinal plants have a dark side to balance the light and, according to the cover notes on Stuart's book, most of the really powerful and effective plants are double-edged. I found reading this really fascinating.

Stuart tells the astonishing stories of how herbal plants sparked wars, helped establish intercontinental trade routes, and seeded fortunes. The medicinal and culinary uses of many plants changed, as they traveled continents and across centuries; plants once considered cure-alls are now known to be too dangerous for use, others, once so valuable that they sowed the wealth of empires, are merely spices on the kitchen shelf. The Romans once used yew as an effective poison; it is now used in curing cancer, and rhubarb - once thought to cure syphilis - is now a popular pie filling. Reading between the lines, this book tells us a lot about the cures our mothers and grandmothers used when we were children.

I still make a very effective cough medicine from Irish carrageen moss (a type of seaweed, available at Whole Foods), cooked up with water and mixed with honey and lemon juice, which my grandmother Rosemary Hofler made for her 9 children.

*Submitted by Jane McDaniel*

### Book Reviews: Lavender Lies

Here's a book by Susan Wittig Albert titled Lavender Lies. A murder mystery that takes place in the Texas Hill Country also gives recipes using herbs. I would recommend it.

*Submitted by Karen Murray*

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.

## Treasurer's Report, August 2010

*Submitted by Kathryn Seipp*

<b>INCOME</b>	
Membership	20.00
Plant Sales	0.00
Bundled book Sales	0.00
Shirts, Aprons, Totes	0.00
Miscellaneous Sales	0.00
<b>TOTAL INCOME</b>	<b>20.00</b>

<b>EXPENSES</b>	
Attendant Fee	45.00
Honorarium	0.00
Postage & Delivery	0.00
Printing & Engraving	0.00
Rent Expense	85.00
Storage Rent	174.00
Sales Tax	0.00
Telephone (toll-free number)	137.66
Total Expenses	267.66
Total (Income-Expenses )	(247.66)

<b>ASSETS</b>	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	4,021.80
Frost Savings	2,386.49
<b>TOTAL Cash and Bank Accounts</b>	<b>7,662.38</b>
<b>TOTAL ASSETS</b>	<b>7,662.38</b>
<b>LIABILITIES</b>	<b>0.00</b>
<b>OVERALL TOTAL</b>	<b>7,662.38</b>

### From the Membership Chair

Encouraging general interest in the SAHS

When new members are asked where they heard about us, the top two answers are through friends/relatives and the Herb Market. As the Herb Market approaches, why not combine the two? Invite friends and relatives to come to the Pearl Brewery Complex the third Saturday in October and enjoy the Annual Herb Market and the Farmer's Market as well!

Mention our meeting the second Thursday of the month and our booth at the Herb Market. With ever increasing interest in growing our own food and organic gardening, not to mention healthier eating by seasoning with fresh herbs instead of fat and salt, I'm sure there's a huge population out there that we could tap into. We are perfect for all ages, gender, background, whatever - the more the merrier!

*Submitted by Gayle Morris, Membership Chair*



**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.

## Brian's September To-Do List for The Garden

Compiled by MG Brian D. Townsend

"One day, the gardener realizes that what she is doing out there is actually teaching herself to garden by performing a series of experiments. This is a pivotal moment."

– Margaret Roach



### 1st Week:

Clean and refill birdbaths regularly. Both the native and migratory birds will be grateful.

Get compost bins ready to handle the leaves that will fall soon.

Quarantine container plants that are going to be brought in with house or greenhouse plants to be certain they're free of insects and diseases.

Exposure to light triggers germination of many annual weed seeds so use mulch whenever possible to reduce the amount of labor required to keep your garden weed free.

October is a super month for planting cool season annuals because the soil is warm and the air is cooler. This is a good month to dig, divide, replant, or plant many spring/summer blooming perennials because of ample soil moisture, cooler air temperatures, and longer available time for them to establish themselves for spring and/or summer bloom.

Turn over compost piles. Watch for "steam" in morning! Canvass area for more material.

Grow roses organically – they are one of the best medicinal and culinary herbs in the world. Plant adapted roses such as

### In Our Herb Garden:

Add compost to your garden as a winterizer and mulch. \* It's not too late to plant frost-tolerant herb annuals or perennials. \* This is the month to plant garlic cloves and onion sets. The Tex. Coop. Ext. Svc. recommends Texas white garlic and 1015 onions. \* Salad groupings and exotic greens should also be planted now. Examples are sorrel, arugula, salad burnet, leaf lettuces, nasturtium. \* Sow wildflower seeds. \* Plant Antique roses. - *Herbs: A Resource Guide for San Antonio*

Consider herbal extracts to boost your bodies natural immune system (we need care too!) such as: Echinacea (*Echinacea purpurea*, "Purple Cone-flower" root), and/or Garlic (concentrated tablets). - me

### 2nd Week:

Transplant hardy annuals like Bluebonnet, Flowering Kale, Snapdragon, Johnny-Jump-up, Pinks, Phlox, Violas and Ornamental Cabbage. Plant petunias, dianthus, snapdragons, alyssum and stocks this month; wait on pansies. Garlic, parsley, radishes, turnips, rutabagas, mustard, kale and onions can be planted by seed. - EO

If you have nematodes (the bad kind) in your garden, forgo a fall crop in favor of Elbon rye to reduce nematodes. The rye makes a good green manure.

Paint all wounds on oak trees to prevent oak wilt.

### 3rd Week:

Pecans that sit on the ground too long spoil quicker than nuts that are collected daily.

Mulch around newly planted trees and shrubs to minimize water use and to maximize growth rate.

Start designing and building new beds for spring. Remove as much grass as possible (Bermuda grass should be treated with an herbicide two weeks before project) before tilling the soil and mixing in compost and organic matter. Raise the beds to the depth you need. Collect seeds from your favorite plants and store them in a cool, dry place until next year. Label them with the plant name and the place and the date the seeds were collected.

### 4th Week:

Apply 1 lb. of nitrogen per 1,000 sq.ft, which translates to 6 lbs. of 18-6-12 (3-1-2) "winterizer" fertilizer. Apply a copper product such as Kocide 101 to reduce bacterial diseases on peaches and plums. Place blood meal in the planting holes to improve vigor of the plants. Divide and replant perennials such as phlox, hollyhock, iris, day lily and Shasta daisy.

One plant to site carefully is the strongly scented ru. Long connected with magic, curses and goblins, many old-fashioned gardeners won't grow it at all. Root secretions have been know to damage brassicas and may prevent basil from growing. Kind of spooky, huh?

*\*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.*

### Falling Leaves and Recycling

Cooler weather coming! Now's the time to stockpile a little mulch, i.e., DON'T bag and trash those very valuable leaves as they fall from the trees. Rake 'em up and either add to your compost pile or just pile them up in the garden itself. Larger, tougher leaves (like sycamore and oak can be shredded by simply running over them with a lawn mower. In the garden, rain can still drip thru but the leaves will start their mulching magic right away.

Ask your neighbors to save their leaves for you (no, they won't call the nearest funny farm and report you!) or drive around when you notice folks starting to put those big bags on the curbside and harvest a few extra on your own. Remember, too, that some trees will wait well into December (maybe even January) to drop leaves.

That's ok—kind of spreads out the wealth!

Recycling at its best!



## SIG-nificant Events

### SIG Leaders... What has your group done lately?

Don't forget to get a note to the newsletter editor for next month!

### Healthy Living with Herbs SIG

The Healthy Living with Herbs SIG enjoyed a "Spa Day" with scenic views of the Hill Country near Boerne. We started the day with delicious and healthy smoothies, muffins, and herbed fruit followed by "Gentle Yoga" led by SIG member Randy Mass. Following yoga, Diane Lewis, SIG member and "2010 Spa Day" facilitator, spoke about the spa products we would make using natural ingredients, herbs, and essential oils and then focused on the health benefits of calendula.

We broke into groups and made six spa products to use during the day; herbal steam facial, strawberry & honey face mask, sugar scrub, bath salts, perfect cream, and calendula body/massage oil. We made extra of the last four products to divide and take home for use later. The calendula body oil looked lovely in heart shaped bottles decorated with raffia and dried flowers.

In preparation for meditation, Randy brought each participant an eye pillow case sewn shut on three sides. She taught us how to stuff these with a mixture of flaxseed, lentils (or beans), and relaxing herbs like chamomile, lavender, or spearmint; then sew them shut by hand. We enjoyed a delicious and healthy soup and salad potluck lunch. Diane's friend, Lien Wilcox who hosted, was a hit with her tasty Vietnamese spring rolls with dipping sauce. After lunch Randy taught us some meditation techniques and guided us through meditation exercises.

Then it was time to put those spa products to use! We started with a face and hand spa session; followed by meditation with eye pillows while we soaked our feet with herbs, herbal oils, and bath salts. Everyone went home feeling very relaxed!

submitted by Diane Lewis

### Culinary SIG

No report for this SIG

### Herbal Crafts SIG

No report for this SIG.

### Weed-n-Gloat at the SABotanical

Hot work for the Weed and Gloat team at the SA Bot Gdn Herb Garden in August.

Not much going on in the Herb Garden on 30 August; Marilyn Nyhus, Sally Hnatiuk and I weeded and gloated and perspired, and drank LOTS of water. We actually had a lot of fun. The Herb Garden looks amazing: all our basil's are two feet tall and bushy, we have large clumps of thyme, salad burnet, sage, oregano, betony, and papalo and all the lavenders and aromatic geraniums which we planted in the summer are doing fine. Dill is finished, as is the parsley and the fennel, but the ginger is peeking out and our myrtle was doing so well the horticulturist swiped it for the Biblical Garden.

We love our herbs!

(We three also loved eating excellent Thai food afterwards at Thai Dee.)



Submitted by Jane McDaniel (who, at this writing, was on her way to Ireland for a visit!)



## More Recycling Info

With school starting, many students (parents and teachers, too) are upgrading their computers – what should you do with the old ones?



**Plug-In To eCycling** with US EPA is a partnership between EPA and consumer electronics manufacturers, retailers, and service providers that offers you more opportunities to donate or recycle - to "eCycle" - your used electronics. Visit them at: <http://www.epa.gov/epawaste/partnerships/plugin/index.htm>



## '10 - '11 SAHS Board Officers

**Yvonne Baca** - President

210-313-8705 (cell), [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Jean Dukes** - Vice President Programs

210-566 4379, [10days@earthlink.net](mailto:10days@earthlink.net)

**Gayle Morris** - Membership

210-497-7416 or 210-912-9787 (cell)

[gaylemorris09@gmail.com](mailto:gaylemorris09@gmail.com)

**Karen Abel** - Secretary / Recording

210-326-8685; [k189murray@yahoo.com](mailto:k189murray@yahoo.com)

**Kathryn Seipp** - Treasurer

210-495-3591, [kseippccc@aol.com](mailto:kseippccc@aol.com)

**Jeanne Hackett** - Publicity / PR

210-735-5333, [jeannehackett@sbcglobal.net](mailto:jeannehackett@sbcglobal.net)

**Lyn Belisle** - Webmaster & Green List Coordinator

210-826-6860, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

### Other Contacts

**Marilyn Nyhus** - programs assistant

727-643-1380 (cell); [rudyardmar@yahoo.com](mailto:rudyardmar@yahoo.com)

**Maria Luhrman** - membership assistant

210-474-0550; [mluhrman@yahoo.com](mailto:mluhrman@yahoo.com)

**Joe-Beth Kirkpatrick** - Newsletter

210-590-9744, [joby53@gmail.com](mailto:joby53@gmail.com)

**Sandra Lyssy** - Hospitality

210-659-5561; [slyssy123@yahoo.com](mailto:slyssy123@yahoo.com)

**Patty Wilson** - T-shirts, Cookbooks

210-647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

### More Information Contacts

**SAHS web page:** [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

SAHS toll-free phone: 888-837-4361

SAHS Facebook page:

## Business Members

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

### Nature's Herb Farm

Mary Dunford  
7193 Old Talley Road., #7  
SAT 78253  
(210) 688-9421

### Nematode Nick's

#### Landscape Design & Installation

Organic Landscaping  
Organic Fertilizing  
Nick & Leslie Vann  
3561 Kusmierz Rd.  
St. Hedwig, Texas 78152  
(210) 667-1500  
[www.nematodenick.com](http://www.nematodenick.com)

### Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes;  
Landscape Design  
(210) 495-6116  
[drl designs@swbell.net](mailto:drl designs@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)

### A Total Domain

San Juanita Preciado,  
Residential & commercial contractor, with  
emphasis on interior design  
[www.atotaldomain.com](http://www.atotaldomain.com)  
Email: [sj@atotaldomain.com](mailto:sj@atotaldomain.com)  
(210) 744-1707 (cell)

### Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,  
Certified Aromatherapist  
(210) 566-4379  
[10days@earthlink.net](mailto:10days@earthlink.net)  
[www.youngliving.com/tendays](http://www.youngliving.com/tendays)

### In Home Senior Care and USANA Health Sciences

*Nutritionals You Can Trust*™  
Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205  
SAT 78228  
(210) 256-2273  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors  
18756 Stone Oak Pkwy Ste 101  
San Antonio, TX 78258  
210-617 0544 Cell  
210-483-7509 Business  
210-483-4709 Efax  
[lstanley@cbharper.com](mailto:lstanley@cbharper.com)



GO TEXAN.

### The Hermits Garden

Jan and Phil Conwell, Resident Hermits  
Custom Leather and Folk Art  
[conwell@hermitsgarden.com](mailto:conwell@hermitsgarden.com)  
<http://hermitsgarden.com>

### Here's To Yum Bistro

Charles Harzman and Rene Maldonado,  
chefs/owners  
8407 Broadway  
San Antonio, TX 78209  
210-826-4223  
[heres\\_to\\_yum@yahoo.com](mailto:heres_to_yum@yahoo.com)

### Health by Choice

#### "Nutrition That Works"

Sil & Yoli Huron, BA, CNHP  
Certified Natural Health Counselors  
210-735-9053  
Website: [www.barleybaby.com](http://www.barleybaby.com)  
[www.health4ever@barleybaby.com](mailto:www.health4ever@barleybaby.com)

### The Human Path

Herbology and Wilderness Medicine  
Classes by Sam Coffman  
210-807-0891  
[Sam@thehumanpath.com](mailto:Sam@thehumanpath.com)  
[www.thehumanpath.com](http://www.thehumanpath.com)



PLEASE SEND TO:



\*new info phone \* 1-888-837-4361

[www.sanantonioherbs.org](http://www.sanantonioherbs.org)

San Antonio, TX 78209

PO Box 90148

The San Antonio Herb Society

