



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 259, October 2011

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 13, 2011 Susan Belsinger



Ms. Belsinger is a culinary herbalist, educator, food writer, and photographer whose articles and photographs have been published in The Herb Companion, Herbs for Health, The Washington Post and numerous other national publications. She has been featured in the Baltimore Magazine, Better Nutrition, Mid-Atlantic Magazine and The Washington Times. She has co-authored several best-selling, award-winning cookbooks. Besides gardening organically and teaching, Susan travels throughout the U.S. Canada and Europe giving lectures and demonstrations on subjects including herbs, edible flowers, chilies, garlic, gardening, cuisines of the Mediterranean from Italy and Greece to Spain and France; Southwestern cooking, vegetarian cooking, cooking with wild edible greens, cooking with kids, using herbs and essential oils for a healthy lifestyle in and around the home and for aromatherapy.

biographical notes excerpted with permission from Ms. Belsinger's website <http://www.susanbelsinger.com/biography.html>

Members who are able and/or who picked up a recipe at the September meeting: please bring a dish from one of Susan Belsinger's several books. We'd like this event to be especially warm and welcoming for Ms. Belsinger. Be sure to bring a name card (and recipe) for the dish you bring. Be there a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org



October Herb Market—It's Here!

Think. When or where else in San Antonio do you get to mingle among and buy from vendors for herb plants, books, and products for sale; see free programs and demonstrations; quiz the folks in the "Ask the Experts" booth or GVST and Master Gardeners Booths; get great information about rain water harvesting and drip irrigation ?

At the 20th Annual Herb Market, of course!

Herb lovers from all over San Antonio and the surrounding countryside will be at the Pearl complex on October 15. There, they'll find all of the above delights and much more. The special guest speakers this year will inspire a little gridlock at the presentation room, but not to worry. Plan on getting there a little early, shopping a bit then queuing up to get that front row seat. Since you'll be there early and if you don't want to shop around, come to the SAHS table and put in a little service time for our club. There's always room for one more and we need folks to staff not only our own book sales table, but the t-shirt sale table for the Market Ass'n. Help with this second table does two things: Gives our club a bit more exposure AND pays our booth fee for the market. "Many hands make light work." Besides, it's so enjoyable to spend the day with friends who are all focused on our favorite plants and products: Herbs and all things herbal!



Hearty Handshakes

to all those folks who've responded with their very generous donations to the people affected by the terrible wildfires in Bastrop and Williamson Counties in September. Thanks so much!

Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

Oct: Everyone!
Nov: G-M
Dec: All, Banquet
Jan: N-S
Feb: T-Z

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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

Here are the recipes provided with some of the fine foods brought to the September general gathering.

Boursin-Style Cheese

submitted by Carol Hamling

Ingredients:

- 1 (8 -ounce) package cream cheese, softened
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1½ teaspoons dried finely chopped chives
- 1½ teaspoons dried finely chopped dill
- 1 clove finely minced garlic
- 1 tablespoon finely grated fresh parmesan cheese
- 1 pinch cayenne pepper

Directions

Beat all ingredients together until thoroughly blended. Cover and refrigerate for at least 48 hours, to let the flavors blend.



Salmon Ball

submitted by Barbara Quirk

Ingredients

- 1 can(16oz) red salmon, drained
- 11 oz. cream cheese, softened
- 1 T. chopped onion
- 2 tsp. lemon juice
- 1 tsp. worcestershire sauce
- 1/4 tsp. liquid smoke (I didn't use for this)
- 1 1/2 tsp. horseradish

Directions

Mix all together into a ball. Sprinkle with chopped parsley or basil. Serve with crackers. Add 1/4 tsp liquid smoke to recipe if you like. I don't.

Tail-Gate Muffins

submitted by Beverly Tibbs

Ingredients

- 2 boxes Jiffy Corn Muffin mix
- 1 tsp Creole seasoning

Directions

Bake 10 minutes at 400°F. Push top of muffins in while still warm. Fill with cooked hot Italian sausage. Top with cheese. Put in oven just long enough to melt the cheese. Options: Fill with jelly or cream or other treat!

Bread Budding with Caramel Sauce

submitted by Beverly Tibbs

Ingredients

- 1 loaf day-old French bread (or any other day-old bread you may have) torn into small pieces
- 5 eggs
- 1/2 C sugar
- Fresh ground nutmeg and vanilla
- 1 can condensed milk
- 3 C milk
- 1 C raisins

Directions

Beat eggs, sugar and spices. Stir in milks. Add raisins and allow to soak for one hour. Bake at 325°F for 40 minutes. Remove to broiler and brown the top for 5 minutes.

Caramel Sauce

- 1 C Hershey's Caramel Sauce (room temp)
 - 1 large jigger Kahlua
- Mix and either drizzle over the bread pudding or use as a dipping sauce for forkfuls of the pudding.

Bay Rum Custard

submitted by anonymous

Ingredients

- 1 1/2 C milk
- 1 C half-and-half cream
- 2 large bay leaves, preferably fresh
- 4 egg yolks
- 1/4 C light honey
- Pinch salt
- 2 Tbs dark rum

Directions

Scald the milk and cream in a saucepan with the bay leaves. When the mixture has cooled about 10 minutes, remove the bay leaves and slowly whisk in the egg yolks, honey and salt. Stir in the rum. Preheat the oven to 350°F.

Pour the custard into 6 lightly buttered custard cups, pot de crème pots or a 1-quart soufflé dish. Place the dishes in a pan of very hot water and bake. The individual custards will take about 25 or 30 minutes, the soufflé dish about 45 to 50 minutes. Test the custard by shaking the dish slightly to see if it is set. Remove the dishes from the hot water and cool to room temperature. Chill the custard 3 to 4 hours or overnight. Remove from the refrigerator about 1 hours before serving.

Serves 6.

Other dishes presented:

Lemon Poundcake with Greek Yogurt Mint Sauce
submitted by Lynda Welchel



Beef Brisket Sandwiches
submitted by Mike Belisle
Barbecue Chicken Sandwiches
submitted by Mike Belisle

Over the Fence...

2011-2012 Program Line-up



November: Mike Behrend of Green Vegetarian

Cuisine and Coffee, a vegetarian and kosher restaurant

December: Member Winter Banquet; Contact any Board member to help with coordinating this always lovely event.

2012 January and later: January: Rose, 2012 Herb of the Year (by SAHS members)

February: Bill Varney of *Urban Herbal*, Herbs for the Urban Gardener.

March: To be announced

April: Cindy Meredith of the *Herb Cottage* in Hallettsville; SAHS Board nominations

Have ideas for programs?

Contact Marilyn Nyhus or Marguerite Hartill, program chairs, with your suggestions.

Next Board Meeting

October 24, 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

The new SAHS bags are sized up with longer handles and are terrific for a blanket or stadium seat and thermos and are equally at home in your grocery cart. Contact is Patty Wilson

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 Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SA Botanical Garden needs Volunteers

With the extreme heat and continuing rainless weather, volunteers needed to help maintain the garden watering schedule. Contact Cindy Sims, cindy.sims@sanantonio.gov to help.

SA Botanical Garden Events

BOOtanica!! Fall Festival & Plant Sale

Sunday Oct. 23, 9am-4pm

This is the final plant sale at the Garden for the year. Don't miss this last chance to stock up on unusual plants, as well as local favorites, including Texas natives and watersavers, at unbeatable prices.

Prices for all plants in gallon pots:

1 to 3 pots, \$5 each;

4 to 9 pots, \$4 each;

10 pots or more, \$3 each!

Bring the kids in costume to enjoy the BOOtanica Fall Festival activities at the Botanical Garden. Free entrance to plant sale with paid admission to the Garden. Plant sale proceeds help support the Garden's family and educational programming.

Fall Herb Gardening and Cooking Classes

by Diane Lewis

"Attracting Butterflies to Your Garden"

Saturday, October 29th

Join herbalist and horticulturist Diane Lewis for a seminar on butterfly gardening in South Texas. This is an expanded 2 hour class in case you caught her session back in September.

See NEISD class listings for contact information.

Other Classes by Diane:

Herbs 101 for the Garden and More, Sat 10/22/11 SABot

Dieting Made Tasty with Herbs, Fri 10/28/2011 NEISD

Attracting Butterflies to Your Garden, Sat 10/29/11 SABot

Crafting Herbal Culinary Gifts, Fri 11/11/11 NEISD

Savoring the Herbal Harvest, Sat 11/26/11 SABot

Sign up @ www.communityed.neisd.net or call 657-8866 to register for the NEISD classes.

Call SABotanical Garden

Green Housekeeping & Herbal First Aid

by Jean Dukes

"Green Housekeeping—Creating Non-Toxic Products for Your Home" Materials Fee: \$10.

"First Choice—Using Essential Oils for Minor First Aid Problems & Illnesses" Materials Fee: \$5.

Taught by Jean Dukes, nurse for 20 years, a Certified Aromatherapist and Natural Health Counselor, these classes are held thru the NEISD Community Education department. Sign up @ www.communityed.neisd.net or call 657-8866 to register.

GVST's Fall "Essentials" Programs

Class are free and open to the public. A \$5 donation is requested to offset costs. Refreshments are available and brown bag lunches are welcome. There's a swap and sell table available for plants, gardening books and magazines and other plant related items. Door prizes are presented at each session. Have your hand-pruning tools sharpened during class by "Dr. Fix-It" -- just a \$2 donation and all proceeds go to GVST. All meetings held 3rd Mondays at the San Antonio Garden Center, 3310 N. New Braunfels, 12 noon to 3 pm.

Class updates can be found at the GVST website GardeningVolunteers.org

Monday, October 17

Session 1: Landscaping with Cactus & Succulents with Jeff Pavlat, Austin Cactus & Succulent Society

Session 2: 12 Months of Xeriscape Color with Dr. Calvin Finch

Monday, November 14

Session 1: Beginning Beekeeping with McCartney Taylor, Austin professional beekeeper.

Session 2: Rx for Tree Stress and Other Tree Problems, Certified Arborist with Ed Etter Tree Care Services

Monday, December 5

Session 1 Winter Gardening Tips highlighting Tool Care, Dr. Tom Harris & Ron Csheil, Texas master Gardeners

Session 2 TBA

San Antonio Garden Center

Kick off your holiday shopping at Merry Mart, the San Antonio Garden Center's Shopping Extravaganza. Bring your friends October 14th and 15th, 9 to 4 to the beautiful Garden Center at 3310 N. New Braunfels and Funston by the Botanical Gardens. Check out 24 specially selected vendors for jewelry, purses, garden decorations, floral design products, Christmas decorations, purses, honey and much, much more. Free to the public. And while you are there, check out the building for your next big event. This building, built by the Garden Clubs of San Antonio, is maintained by renting the building for weddings, receptions, meetings and luncheons. For more information call 210-824-9981.

For info: email Sagc2004@sbcglobal.net or call 210-8240435

SAHS Internet Sites

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

Speaking of Web stuff.

Have you seen the latest art work our own web guru, Lyn Belisle, has invented? Charming cherubs' faces pressed into clay, then fired and decorated a bit. Marilyn graciously modeled her choice from the several Lyn had at the September meeting.



SAHS Winter Banquet



Be thinking about what you can cook up for this year's traditional December banquet and social. What are your ideas for a theme? Can you gather up your SIG or a group of friends and be our project leader and host for this event? Sound like fun? It is!! Contact any Board member for

more info.

Hey!! Pick up that phone and CALL!! Time's a-wastin'!!

Laundry Hint

Do you use a fabric softener in your regular laundry? Try this as a "greener" alternative: Measure 1/4 to 1/2 cup plain white vinegar and add a few drops of lavender (or your preference) essential oil and shake well. Pour this into the rinse cycle of the wash.

Minutes from September 8 2011

General Meeting

Meeting called to order @ 7:00 by Pres. Yvonne Baca. (Approx. 49 people in attendance.)

Yvonne greeted all in attendance, acknowledging new members and guests and thanking the greeters and food providers. Also announced the member's tables, the SAHS sales table and the Share table. Also reminded all that any articles, recipes, or announcements to be in this month's newsletter of the submission deadline of 16 Sept.



The minutes appearing in the newsletter were approved by those in attendance.

Future meetings were announced:

Oct- Susan Belsinger

Nov-Mike Behrend of Green Vegetarian Cuisine & Coffee

Dec-SAHS Christmas banquet...still looking for a chairperson

Marilyn Nyhus gave a more detailed announcement on the Susan Belsinger presentation emphasizing the \$5 donation and need for a ticket for admittance.

Evelyn Penrod gave an update on the October 15th Herb Market at Pearl Market. Mary Dunford will speak on "20 herbs", Mark Peterson will present "Drought Survival", and Susan Belsinger will talk/demo on "Mediterranean Herbs" and "Herbs for Nutrition". SAHS asking for volunteers to man the Q&A booth, the HS booth, the book signing area, and to act as servers for the food demo.

Madilyn Sprague asked for volunteers to knit scarves for the Special Olympics. Go to www.scarvesforspecialolympics.org for more info. Due date is late Dec, '11.



Joe-Beth made a quick announcement about Carol-lee and Paul Fisher, SAHS members who live in Bastrop, TX. They are safe. The recent fire did not damage their home. She also encouraged everyone to seek out ways to donate to those who have lost everything.

Marilyn Nyhus introduced the presenter for the meeting...Mary Dunford (a foundering member of the SAHS) speaking on "Fall Gardening".

Mary presented the best Fall herbs for this area to include Arugula, Borage, Salad Burnet, Chamomile, Chervil, Cilantro, Dill, Fennel, Feverfew, Calendula, Nasturtium, Sorrel, and Swiss Chard. She discussed the best choices for growing (containers vs. ground, which soil mixtures and fertilizers, how and when to harvest) and emphasized the need to start small with herbs...don't plant too many! She also passed around many different herbs and many types of each encouraging members to smell, taste, and pinch them.



Meeting adjourned @ 8:35.

Submitted by Mike Belisle

September Program—Mary Dunford and Fall Gardening—some best herbal bets

Mary's first recommendation? Start Small. She's observed over the years that many eager herb-growers have been disappointed just because they tried too much too soon. Wise words. Let some areas of your garden rest. Other plants may

be your favorites and you hate to do it, but you really should trim them—maybe even pretty hard (our garden sages are good examples of those needing regular trimming).

Another must-do item: Build your garden's soil by either amending heavily and often. For your potted plants, buy good quality soil that is sterile and amend it so that sure it doesn't pack down in the pot. Feed your plants at planting with rock phosphate, greensand and bloodmeal. Your potted plants will need regular feeding—sometimes every week!

Topic of the evening is planting for fall gardens. Mary's basic suggestions were for those known cool-weather items like dill, fennel, arugula, coriander and chives.

Winter's coming on and with it the danger of freezing temps—here in South Texas those freezes can come on suddenly (like last February!). If you have any warning at all, it's BEST to cover or otherwise protect your outdoor tender plants early in the day of the predicted freeze. Don't wait until that night and the temp's already dropped.

After all the technical stuff, Mary brought out some new varieties and a couple of oldies-but-goodies.

New basil varieties include "New Guinea" which really does have its roots (sorry, couldn't resist) in New Guinea. It has a smokey flavor, big flowers and reseeds true. Another is "Albahaca". This one is bigger than the "New Guinea" and has a flavor reminiscent of cinnamon.

"Aussie Sweetie" we've seen in the sales for a couple of years, now, and it is indeed a sweeter basil. It's also variegated and bushy.

"Holy Basil" comes to us from India and is another that grows true from seed. It is very fragrant.

Among perennials, oreganos are some of Mary's favorites. The ones she brought this evening are non-culinary. She's used several types of oregano blooms dried in wreath-making efforts. "Pulchelum" blooms May thru June and is good for those tough spots in the garden or yard. Deer don't seem to like it. "Hopsley" is big and hardy and produces a large flower stalk. Some samples of dried "Hopsley" flowers were passed around. "Kent Beauty" is not as large or hardy and has smoother surfaces. "Pot Marjoram" is a type of oregano that produces tighter flower stalks and is quite hardy.



Among the sages, the *fruticosa* gets pretty large and must be pruned back. Bath Rosa is very hardy, has large leaves, pink flowers and a nice fragrance. Nazareth sage was originally bred in Israel. It has blue flowers, stays small but is very hardy.

Don't forget the thymes! Plant these little guys now and give them a chance to develop roots before winter. They like shallow containers. Trim them at the stem nodes. The "Provencal" variety is very fragrant and has an upright habit. "French" is better in the summer, although it needs watering and is excellent for culinary uses.

With all these great examples it didn't take long for us to relieve Mary of all those sale plants she brought this evening! Another great program. Thanks, Mary.

Submitted by Joe-Beth Kirkpatrick

Members out Traveling

From Helga Anderson:

Last June my grandson and I visited Turkey with Insight Vacations. We traveled by bus for two weeks in a big circle through Central Turkey. We started out in Istanbul, then drove through Bursa, Ankara, Cappadocia, Konya, Antalya, Kussadasi (Ephesus), Izmir (Troy) and back to Istanbul. It was a fascinating journey. We loved the country, the food and the friendliness of the Turkish people.



A region that was so unique and interesting was Cappadocia with its volcanic landscape. Churches, cave dwellings, monasteries and underground cities were carved out of the hardened volcanic ash. Balloon rides are offered for tourists.

We visited the Goreme Open Air Museum, a UNESCO World Heritage Site. We were able to see a few of the cave churches with beautiful frescos of the 11th and 12th centuries and explored some of the cave dwellings, now uninhabited.

Eat Your Flowers!

Try some of these for deeper flavor in your kitchen!

Floral

- Honeysuckle (*Lonicera japonica*) — sweet
- Jasmine (*Jasminum sambac*, *J. officinale*) — sweet
- Lavender (*Lavandula* spp.) — strong, perfumy
- Lilac (*Syringa* spp.)
- Rose (*Rosa* spp.)
- Scented geranium (*Pelargonium* spp.)
- Sweet violet (*Viola odorata*) — strong, perfumy

Minty

- Johnny Jump-up (*Viola tricolor*) — mild
- Mint (*Mentha* spp.) — variable
- Pansy (*Viola*) — mild

Citrus

- Hibiscus (*Hibiscus rosa-sinensis*) — mild
- Lemon (*Citrus limon*) — sweet
- Lemon verbena (*Aloysia triphylla*) — sweet
- Orange (*Citrus sinensis*) — sweet
- Roselle (*Hibiscus sabdariffa*) — mild
- Signet marigold (*Tagetes tenuifolia*) — tarragon flavor with citrus undertones

Other

- Borage (*Borago officinalis*) — cucumberlike
- Hollyhock (*Alcea rosea*) — mild, nutty
- Pea (*Pisum sativum*) — pealike
- Redbud (*Cercis canadensis*) — pealike
- Rose-of-sharon (*Hibiscus syriacus*) — mildly vegetal
- Runner bean (*Phaseolus coccineus*) — beanlike
- Squash (*Cucurbita* spp.) — vegetal
- Daylily (*Hemerocallis* spp.) — sweet to vegetal
- Okra (*Abelmoschus esculentus*) — mildly sweet

Out in San Antonio

Ran over to the Pearl complex Saturday Farmer's Market last weekend and caught a demonstration by Imagine Lavender and M&J Lavender Farm. Patience did pretty much all the talking while Mitch minded the still and Jane helped get the samples set out. Patience had prepared some pears poached in lavender floral water

(from another distillation) that were drizzled with lavender honey.

Pretty tasty. She also set out samples of several varieties of the lavenders growing on her farm this summer (even though she admitted that a lot of the plants have succumbed to the drought).



Even if the distillation of lavender essential oil is a fairly simple, and the labor somewhat tedious, the results are worth the effort. There's a fine balance of water, plant, temperatures, pressures, cooling and the resultant floral water and essential oil collection. The fragrance in the air from this still that morning was wonderful. People walking by kept wondering out loud what smelled so good!

Submitted by Joe-Beth Kirkpatrick



Member Tables at the September Meeting:

Jane McDaniels and "Jane's Irish" soft goods including table accessories, custom-made dolls and great stories—looks like she's getting ready for the Holiday shows!



Jinnie Perkins and USANA Health Sciences



Mary Dunford and Nature's Herb Farm's organically grown herb plants—she had a great selection of basil, oregano and a several others.



Sandra and Yvonne take a minute to visit with a certified Medical Technician and her CPR training display.

Brian's October To-Do List for The Garden

Compiled by MG Brian D. Townsend

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 Texas Coop. Extension. Service 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.

- *HERBS: A Resource Guide for San Antonio*

1st Week:

Deadhead zinnias, marigolds, salvias and other flowering plants to stimulate more blooms. Prepare beds for planting cool-season flowers. Well-drained soil is important, and the bed should get at least six hours of full sun for successful flowering. GRUB WORM damage, if present, will result in loose, dead grass on top of the soil, its runners having been devoured. You should be able to see the grubs (grayish white half-inch fat worms with brown heads and legs, always hooked into a C-shape). Controls, if needed, are Merit or Oftanol, followed by deep watering.

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. Spray only as necessary. Watch drain holes for hiding pillbugs, slugs and even roaches.

2nd Week:

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

Hollies and nandinas are evergreen shrubs for sun or shade. They do not require a lot of water and are not bothered by pests. They also produce winter berries for wildlife.

3rd Week:

Keep an eye out for the Orionid Meteor Shower, October 21-22 in the predawn hours. Look to the south.

Pecans that sit on the ground too long spoil quicker than nuts that are collected daily. 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. For instant color and an easy-to-grow perennial, plant garden mums now in a sunny location.

Fertilize tomatoes as soon as fruit begins to set. Use a half-cup of slow-release lawn fertilizer per plant away from the base.

4th Week:

Row cover, a lightweight fabric available at nurseries and garden centers, will help protect tender vegetables. It is sold by various names such as *PlantGuard*, *Gro-Web*, *Plant Shield* and *N-Sulate*.

Prepare beds for pansies. They need well-drained soil and at least a half day of full sun. Place blood meal in the planting holes to improve vigor of the plants.

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

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 of this on the SAHS website.



SIG-nificant Events

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

Healthy Living with Herbs SIG

We're skipping September but looking forward to the October and November sessions where we'll enjoy home-cooked fare in the best eastern Indian tradition. We'll talk about how the spices and herbs utilized by that culture promotes health. We'll also have an evening making healthy herbal skin salves.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

The Craft SIG met at the home of Kathrine Seipp at 10am. We arrived with our herbs, bottles and vinegars. Sandra Lyssy instructed us on "How To Make Herbal Vinegars" and we started filling our sterile jars with many interesting herbal combinations and our vinegar of choice. We capped our jars and will wait several weeks for our own Herbal Vinegars. After a delicious lunch, we sat and talked until 3:30pm. We must have all been ready for a real gab fest. A most enjoyable day. In October we are taking a break and will be reconvening in November for our annual gift making sessions.

Have fun experimenting with different flavors in these exotic vinegars. The longer you let them stand the more intense the flavor will be. You can occasionally strain out the solids and replace with fresh herbs, berries, or spices. Try this one:

Apple Spice Vinegar

4 cups apple cider vinegar

3 cinnamon sticks

6 strips orange peel

3 slices dried apple

1/4 cup raisins

Bring vinegar to a boil in a medium saucepan. Fill 3 10-oz. decorative heat proof bottles with 1 cinnamon stick, 2 strips of orange peel, and 1 slice dried apple (sliced, if necessary, to fit in bottle). Pour hot vinegar through a funnel into the bottles. Cover tightly and let stand at least 14 days before using.

If you are interested in learning more about our SIG please contact:

Sandra Lyssy: 210-659-5561, slyssy123@yahoo.com;

Rebecca Kary: karyrebecca@yahoo.com

Submitted by Rebecca Kary

New Aromatherapy SIG

The Aromatherapy SIG met on August 29th at the home of Diane Lewis where she led the group in a study of thyme essential oil. During social time we sampled humus mixed with fresh thymes leaves, served with pita chips and olive bread. During study time we learned about four main chemotypes of thyme essential oil. The geraniol type is mild, but has strong anti-viral properties and is a sleep aid. The linalol type is very gentle, non-irritating, and suitable for skin care. In addition, it is a pleasant tonic for nervous exhaustion. The thujanol type supports the liver and is stimulating to the immune system, having broad action. The thymol type is the most irritating and should not be used on the skin, however the broad spectrum anti-infective properties are good for the respiratory system when used in vaporizers or diffusers. We concluded the evening by sampling fresh lemon ginger thyme honey which aids digestion and helps to soothe sore throats and coughs. Quarter and slice one fresh lemon, remove seeds, place in a jar that holds about 1 cup. Peel and slice a 2 inch piece of fresh ginger root, add to jar and mix with lemon. Pour enough honey into jar to cover the lemon and ginger, stir. Dip a toothpick into thyme essential oil and stir oil into honey. Add more thyme to taste, using a fresh

toothpick for each addition. Blended honey may be taken directly by teaspoonful as needed or added to hot tea. Store in refrigerator.

For info, contact Jean at 10days@earthlink.net
Submitted by Diane Lewis

Weed-n-Gloat SIG

We have a volunteer payaya "tree" in our Herb Garden at the SaBot Garden - seeds blew over from a neighboring bed. Here, amongst the oregano and melissa - we'll see how tall it grows. Yes!!

Submitted by Jane McDaniel



SAHS member Adrienne Hacker working on weeds in the Herb Garden at the SA Botanical Garden, August 29.

Green Living SIG/Committee

No report this month.

Culinary SIG

No report for August.

SAHS Membership

We had 3 people join the SAHS at our September 2011 meeting. Please welcome

Franci Plunkett
Connie Gonzalez
Gloria Saucedo

Welcome to the San Antonio Herb Society. We look forward to your participation at our monthly meetings and Special Interest Groups (SIGs)

Total membership now: 130
NAME TAGS

The next nametag order will be placed soon. 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 co-chair at the September meeting.

Submitted by Norm Hastings, Co-Chair, Membership

New Member SIG

We've done this before and it seems like a good idea to bring it up again. For you folks who've joined recently and are interested in joining an existing SIG but have found that they're all filled, try creating your own! Our Culinary SIG started that way. Seems they're quite successful in their planning and meetings.

If you need help in getting one together, please feel free to contact any current SIG leader or any Board member. We're happy to help with ideas!



Treasurer's Report, August 2011

Submitted by Kathryn Seipp

INCOME

Membership	0.00
Cookbook sales	0.00
Resource Guide sales	0.00
Miscellaneous Sales	0.00
TOTAL INCOME	0.00

EXPENSES

Attendant Fee	45.00
Honorarium	50.00
Dues	0.00
Booth fee	0.00
Equipment rent	0.00
Printing & Engraving	0.00
Postage & Delivery	0.00
Rent Expense	85.00
Website fee	0.00
Supplies	0.00
Total Expenses	180.00
Total (Income-Expenses)	-180.00

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,835.96
Frost Savings	2,387.68
TOTAL Cash and Bank Accounts	7,418.59
TOTAL ASSETS	7,418.59
LIABILITIES	0.00
OVERALL TOTAL	7,418.59

'10 - '11 SAHS Board Officers & Members

Yvonne Baca - President

210-313-8705 C, yvonne943@yahoo.com

Marilyn Nyhus - Vice President Programs

210-606-2933 C; rudyardmar@yahoo.com

Marguerite Hartill - Programs Assistant

210-497-1355 H; mhartill@aol.com

Norm Hastings - Membership Co-Chair

210-860-4332 C; normhastings@sbcglobal.net

Mike Belisle Secretary, Recording

(210) 826-6860 H mbelisle@satx.rr.com

Kathryn Seipp - Treasurer

210-495-3591 H, kseippccc@aol.com

Barbara Quirk - Treasurer Co-Chair

210-828-0432 H; barbara.quirk@sbcglobal.net

Jeanne Hackett - Publicity / PR

210-735-5333 H, jeannehackett@sbcglobal.net

Lyn Belisle - Webmaster & Green List Coordinator

210-826-6860 H, belisle@satx.rr.com

Eileen Achorn - Immediate Past President

207-712-1903 C; eileen.achorn@utsa.edu

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561 H; slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

210-647-0838 H/W, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

Newsletter Notes...

HURRY, HURRY, HURRY!! READ ALL ABOUT IT!!

What's that you say? Something was left out? Well, give a call or drop a note to the newsletter editor to have your article or report included in the next issue! It's up to YOU.

Thanks very much!

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

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Organic Landscaping
Organic Fertilizing
Nick & Leslie Vann
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www.nematodenick.com

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

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drl designs@swbell.net
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Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com

Yvonne Baca, LMT

Holistic Health Practitioner
Therapeutic Massage,
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Reiki Master, Therapeutic Touch
Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
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PLEASE SEND TO:



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

www.sanantonioherbs.org

San Antonio, TX 78209

PO Box 90148

The San Antonio Herb Society

