



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 235, October 2009

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



Program Thursday, October 8, 2009

Members' Craft Fair



The October meeting will be full of interesting items & topics. We will host a short program and then dismiss to shop the talents of our membership. Think beadwork, embroidery, crafts, plants, baskets, essential oils, kitchen items, dolls and - Oh My! Contact Evelyn Penrod to reserve a table for your wares.

The hospitality tables open at 6:30 (names starting with A-D bring the treats).

The business meeting starts at 7:00.

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



** October Herb Market Is Here!!**

Calling all SAHS members! We need you to step up to the plate (or maybe the old brewery) and be a part of this terrific annual mainstay in our local herbal scene. This year we're at the Pearl Brewery campus - it'll be a little different and SAHS is a main player. Your participation is vital this year more than ever. The goal of SAHS for all these years has been to be the "go-to" group for all things herbal and here we are. Are you good describing recipes and other crafty things? Work the cookbook and Resource Guide table. Can you help folks with their herbal gardening questions? Sign up to help at our tables. Are you good at fund raising and sales? Help us all by staffing the Market t-shirt table. We need everyone to help out this year. Contact Diane Lewis, lewisdr@swbell.net or (210) 495-6116 or Evelyn Penrod, Co-chair epenrod@gvtc.com.

Members' Sale Tables at General Meetings

The general meeting now have tables available for members to share / swap / sell before each month's general meeting. Only 5 tables will be set up and first come is first served. Contact Jean Dukes at least 2 weeks prior to meeting night to reserve a table.

SAHS Board is updating our Constitution & Bylaws

Please see the insert (starting on page 3) for the proposed revision to the bylaws. The general membership will vote on these proposals during the October general meeting. Please review the changes and let a Board member know of any questions or comments as soon as possible. Your input is vitally important to the continued success of this organization.

Many Thanks for your consideration.

Hospitality Table Schedule:

October: A-D
November: E-M



Need a substitute for Sandra as hospitality host for November. Call her at 210-659-5561



December: All - Banquet
January: N-S
February: T-Z

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SAHS December Banquet is all about Friendship

Sign up now to host/decorate one table (for 8 place settings) at the December meeting. Do one on your own or team up with another member or two. Get creative or be traditional - it's always a terrific time and beautiful surroundings. Sign up with Evelyn Penrod.

The menu will include pot luck dishes supplied by our membership. Stay tuned for



Herb Market attendees: Remember there's lots of covered parking under US281/I37 and it's only a block away!

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

Member Recipes

Some of the goodies on the table in September included these treats:

Mike Belisle's "slider" burgers (they went fast, too!)
Sally Ann Hnaituk's rosemary Lemon Olive oil cake

Hillbilly Hummus

Submitted by Eileen Achorn

In a food processor, combine the following:

2C cooked very soft black-eyed peas, drained
2 Tbsp natural peanut butter
2 cloves garlic, peeled
1 fresh sage leaf
2 tsp cider vinegar
Salt & pepper to taste
4 oz roasted hatch chilies

Directions:

Pulse until smooth. Add some bean cooking liquid or extra peanut butter to thin. Process until smooth & velvety. Keeps up to 2 days. Serve at room temperature.

From the Membership Chair

Over the summer months we've had the privilege of welcoming several new members to the San Antonio Herb Society. We're so glad to have you join us!

June: Daniel Munoz
Marilyn Nyhus
Nathan Summar
July: Sue Peace
Paula LeBleu
August: Karen Abel
Yvonne Baca
Fiorenza Bruni
Karen Henry
Maria Luhrman
September: LeeAnn Goetsch
Rita Walrafen

Bienvenido

And for those of us who have been with the Herb Society for a while now, watch for our newest members at future meetings, introduce yourself and make sure they feel right at home!

Over the Fence...

2009 Program Line-up

November: Round Table forum on the various uses of herbs. Our SIGs will help host and present the various topics—some will include "take-away" items promoting the craft or recipe or topic. Contact Jean Dukes.

December Meeting Program is our Annual Members' Banquet:

And we need you to step up or in as lead host for this meeting. You would be in charge of organizing the theme and decorations and decorators or table hosts (always with lots of help!!) This is a really nice event — one that fosters good friends, old and new, and of course good food. Membership is asked to provide all food items (appetizers, salads, veggies & side dishes, entrees and desserts) it's a veritable pot-luck heaven!! SAHS provides all the accoutrements and beverages. So what idea do you have that would be a good one for this year's event?

Call Jean Dukes or Evelyn Penrod today!!

January: 2010 Herb of the Year is Dill (*Anethum graveolens*); Joint meeting with the Men's Garden Club.

GVST Classes

ESSENTIALS OF GARDENING 3rd Monday of every month from January-December 2009, 12n - 3:15pm

San Antonio Garden Center, 3310 N. New Braunfels
Light refreshments are served, and you are welcome to bring your brown bag lunch.

submitted by Sandra Lyssy

Next Board Meeting

October 26, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day.

Lost-n-Found

Sandra Lyssy has agreed to hold those items left-behind from our various meetings and other functions. If an item is not claimed after 3 meetings, it goes on the share table or to a thrift shop collection.

SAHS and Other Events

November: Aromatherapy workshop. Contact Jean Dukes.

Rainwater Collection: John Kight is teaching classes on rain-water collection systems @ the Cibolo Nature Center in Boerne on the following dates: October 17th and November 14th. Contact the

San Antonio Herb Society Minutes Meeting

September 10, 2009

Call to order: Eileen Achorn

Welcome to visitors

Bylaws changing, but vote to accept changes was tabled until October meeting.

Treasurer resigned. Eileen is on checkbook duty, w/ Kathryn Seipp and Evelyn Penrod keeping the books in order until office is filled.

Texas Public Radio Green Spaces Alliance "Grown In Your Own Back Yard" event was a great success. Great turn-out, beneficial placement of the SAHS booth.

Diane Lewis (Chair of upcoming Herb Market, with Evelyn Penrod as co-chair): "Plans going forward." New sign-up sheets went around.

October meeting: Members sell their herbal/garden wares. Bring your checkbook!

Eileen Achorn: we need a chairperson for the December Banquet.

Minutes from August meeting accepted.

Presentation: Sandy Winokur of Sandy Oaks Olive Orchard

Fun story involving construction crane, the new olive press, and some borrowed Italians. Harvest and first pressing a great success. Pictures went around of the first press oil.

Olive trees (some varieties) do much better here than is recognized by the more traditional (and local) agri-business authorities. There are 700 varieties of olive trees! Sandy gave a fine talk on the health and nurturing of the trees, new horticultural ideas that have worked in her orchard, general information on olive trees in their natural habitat, commercial oil production and the olive oil business.

Consider olive leaves for herbal tea; loaded with antioxidants and tastes delicious.

Her presentation was followed by a thorough question and answer session.

Meeting adjourned, more food, visiting, and then home.

Submitted by Jan Conwell



SAN ANTONIO HERB SOCIETY

Constitution and By-Laws

ARTICLE I: Name

The name of the Society shall be the San Antonio Herb Society.

ARTICLE II: Affiliation

The San Antonio Herb society will not be affiliated with any other society at this time; affiliation may occur at some time in the future.

ARTICLE III: Objectives

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

ARTICLE IV: Membership

Section 1. Active: Qualifications for active membership in the Society are interest in the culture and uses of herbs, payment of dues and a willingness to take an active role in the objectives stated herein, to include active support of Society involvement in **various fundraising and community events.** ~~yearly events, i.e., Viva Botanica, Folk Life Festival, etc.~~

ARTICLE V.: Officers and Board of Directors

Section 1. Officers: The officers shall be a President, a Vice-President, a Treasurer, a Secretary, ~~or a Secretary/Treasurer, and a Historian/Publicist.~~ **a Membership Officer and a Marketing/Publicity Officer.** Two members may share the duties of a single office if approved by the Board of Directors and elected as such by the general membership at the annual election of officers. Officer tenure is limited to two **consecutive** terms of service in each office. Elected term shall be one year.

Section 2. Board of Directors: The Board of Directors shall consist of the Officers, the immediate Past President, ~~and the editor of the newsletter.~~ **the Newsletter Editor, the Webmaster, and the Green/Environmental Coordinator.** Project committee members may be invited to board meetings to report on committee progress.

Section 3. Election: At the February meeting, the President or the officer presiding on that date shall appoint a Nominating Committee of three members who shall examine and propose candidates for each office of the Society. Proposed candidates will be interviewed by the members of the Nominating Committee to insure their availability for office. Nominations shall be presented to the President, who in turn will present the nominations to the Board of Directors for approval prior to the April meeting. The Chairman of the Nominating Committee or a representative shall present the nominations at the April meeting. The nominations may be augmented at this time by any nomination made by any active member from the floor. Nominations will not be accepted from the floor at the May meeting. Each candidate receiving a majority vote of the members present at the May meeting for the office to which nominated shall be declared elected. **If there are no additional nominations from the floor in April, the President will declare the slate elected by acclamation as per Robert's Rules of Order.**

ARTICLE VI: Meetings

Section 1. Monthly Meetings:

There shall be monthly meetings of the Society with the time and place designated by the Board of Directors as the best interest of the membership. Subject to the approval of the majority of the Board of

Directors, expressed individually or by telephone poll, the President may suspend regular meetings or call special meetings.

ARTICLE VII: Amending the Constitution and By-Laws

The Constitution and By-Laws may be amended at any regular meeting of the Society by a majority vote of the members present, provided the proposed changes and amendments have been submitted in writing and published in the newsletter prior to the date voting is to take place.

ARTICLE VIII: Disbanding

Upon dissolution of the organization, the officers shall, after paying and making provision for the payment of all of the liabilities of the organization, dispose of all assets of the organization exclusively for the educational or scientific purposes as shall at the time qualify as a exempt organization or organizations under Section 501 (C)(3) of the Internal Revenue Code, as the officers shall determine. Any such assets not so disposed of shall be disposed of by a competent jurisdiction of the county in which the majority of the membership is then located, exclusively for such purposes or to such organization or organizations, as said shall determine, which are organized an operated exclusively for such purposes.

BY-LAWS

ARTICLE I: Duties of Officers

Section 1. President: It shall be the duty of the President to preside at all meetings and to perform all duties pertaining to that office. He shall act as Chair of the Board of Directors and as an ex-officio member of all committees, except the Nominating Committee. He shall appoint committee chairmen of ad hoc committees and of the standing Nominating Committee.

Section 2. Vice President: In the absence of the President, the Vice-President shall perform all duties pertaining to that office. In the case of vacancy in the Presidency, the Vice President shall succeed at once to the office of President for the remainder of the unexpired term. The Vice-President shall be responsible for program planning. He may ask assistance from the Board of Directors or may appoint a standing program committee if so desired. Programs will be planned six months in advance where possible. They should consist of or be in the interests of the objectives of the Society.

Section 3: Treasurer: The Treasurer shall perform the following and may appoint a financial committee if so desired:

- a. Receive and account for all monies of the Society.
- b. Collect all dues and keep accurate accounts of receipts and disbursements. Be bonded in the amount set by the Board of Directors, should they deem it necessary. The Society will bear the cost of bonding.
- c. Prepare and present, at the March meeting, a budget for the ensuing 12 months, i.e., through March of the next year.
- d. Pay all routing bills when due and all other bills upon order of the President.
- e. Prior to the February meeting, conduct an audit of the preceding year's financial records. Prepare a statement of the results of that audit and present findings to the Board of Directors.

Section 4: Secretary: ~~The Secretary shall take minutes of meetings, notify members of special meetings, conduct all routine correspondence, maintain a current membership roster.~~ **The Secretary shall take minutes of general meetings, board meetings and other meetings as required.**

Section 5: Historian/Publicist: ~~The Historian/Publicist shall be responsible for publicity for the Society~~

~~and updating the history of the Society. The Historian/Publicist shall maintain the Society scrapbook and have it available at all meetings. A publicity committee may be appointed if so desired.~~

Section 5: Membership: The Membership Officer maintains the list of paid members, the Interest list provided by members and makes the list available when requested for special committees and special projects. The Membership Officer attends all general meetings and presides over the membership table at each meeting. The Membership Officer coordinates the Greeting Committee and coordinates the annual membership drive which begins in October of each year and runs through February of the next year. Membership year is January – December

Section 6: Marketing/Publicity: The Marketing/Publicity Officer creates the monthly program flyer and coordinates with local news media for coverage of the Herb Society programs and events. A publicity committee may be appointed if so desired.

ARTICLE II: Committees

Section 1: Designation: Standing committees shall be the Nominating Committee. Additional committees may be appointed by individual officers in the interest of supporting their offices. Project committees will be appointed by the President.

Section 2: Duties:

Nominating Committee: Select and propose candidates for each office of the Society. Interview each candidate to insure their availability. Present nominations to the Board of Directors for approval prior to the April meeting and accept nominations from the floor at that time. Hold election at the May meeting.

ARTICLE III. Method for Elections

If there are two or more candidates running for each office; election shall be by personal vote. If there is only one candidate per office, election may be by voice vote.

ARTICLE IV. Dues

Annual dues will be assessed as needed by the outgoing Board of Directors and will be announced at the November meeting. Dues should be paid at the January meeting by active members. A grace period of two (2) months shall be allowed for late payment of dues, after which, if payment has not been received, delinquent members will be removed from the membership roster. Prospective members are allowed to attend two (2) meetings, after which membership dues will be assessed.

ARTICLE V. Expenditures

Operating expenditures shall be approved by quorum vote of the board of directors. Officers of the Society may be delegated authority to make expenditures within specified guidelines by a quorum vote of the Board of Directors. The membership may recommend expenditures by motion and vote at meetings. **See Attachment A.**

ARTICLE VI. Quorum

Twenty (20) dues-paying members shall constitute a quorum of the Society. Four (4) members shall constitute a quorum of the Board of Directors.

ARTICLE VII. Parliamentary Rules

Robert's Rules of Order shall be the authority on all questions of parliamentary law not covered by this constitution and its By-Laws.

Attachment A

POLICY STATEMENT FOR EXPENSE REIMBURSEMENT

Reimbursement will be given only for those expenses that have an accompanying receipt or invoice.

Approval must be obtained prior to expenditures. If approval is not obtained before purchase is made, the Herb Society is not obligated to reimburse the individual for their expenses.

Reimbursement will be made only on items that have been approved by an active Officer, the Board, or Membership vote prior to purchase. If the person requesting the expenditure is an Officer, approval must be given by another Board Member Officer.

Guidelines for approval:

Less than \$50 – Approval needed by an active Officer

\$50 - \$750 – Approval needed by Board

More than \$750 – Approval needed by membership vote

Exception to this Guideline is “run the business items” needed by Hospitality or general office supplies such as: Knives, forks, spoons, paper plates, paper bowls, napkins, plastic table cloths, cups, tea, notebooks, file folders, stamps. These items may be reimbursed by submission of receipt without prior approval.

Projects and Festivals will be given a budget that is to be used for general expenses. Examples of Projects & Festivals are: Walk Across Texas, King William Fair, Festival of Flowers, Herb Market, and updates to San Antonio Herb Society publications. The budget will be determined by the Board unless the expense is estimated to cost \$750 or more in which case the vote must go before the general membership for approval.

~~(Revised February 1998)~~

(Revised 2009)

Last amended by the General Assembly of the San Antonio Herb Society at a regular meeting thereof in San Antonio, Texas on October ____, 2009.

Brian's October To-Do List for The Garden

Compiled by MG Brian D. Townsend

“Half the interest of a garden is the constant exercise of the imagination.”

—Mrs. C.W. Earle, Pot-Pourri from A Surrey Garden (1897)



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. - *Herbs: A Resource Guide for San Antonio*

Herb Garden at the SA Botanical Garden

*Herb Garden at the SaBot Garden
Remembering Marcy Scalf.*

Our August Weed and Gloat team at the San Antonio Botanical Garden had a special project to complete. Sally Ann Hnatiuk had made a wooden birdhouse for the wrens which frequent the Herb and Cottage Gardens and dedicated it to the memory of Marcy Scalf. Aided by Evelyn Penrod, Helga Anderson, Lenore Miranda and myself, she sank the metal holder deep amongst the basil and the lavender in the Herb Garden. Then we WEEDED and GLOATED. Upon finishing, we repaired to a large pan of paella, rosemary bread, and some welcome ice tea.



submitted by Jane McDaniel



Herb Market Oct 17

SIG-nificant Events

SIG Leaders... Please remind your members to re-new their membership to SAHS. SIGs are a perk of SAHS and certainly vital to our ability to continue the wonderful variety of programs every year. New topics and their SIGs are always welcome. Get a group together and let us hear from you.

Healthy Living with Herbs SIG

The group chose to have a spa day on the 26th. Diane Lewis graciously hosted and provided a breakfast smoothie while everyone brought salads for lunch. It's fun making a mess and coming away feeling good about the different personal care ideas (and recipes!) that are available to us every day using the herbs we love. The group make salt & sugar scrubs, a facial clay scrub, body lotion, spritzing toner and a facial steam tea blend. Oh, the fragrance in that house that day!

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG Schedule

schedule for the SIG:

September 19 Salsas and Guacamoles
 October 10 Gift day, vinegars; Moroccan-style preserved lemons; roasted, flavored pecans; seasoning mixes, etc
 November 21 Collage project

Should be interesting to hear what sort of salsas came from this meeting...

Treasurer's Report , August 2009

Submitted by Evelyn Penrod & Kathryn Seipp

INCOME

MEMBERSHIP	\$0.00
RESOURCE GUIDES	250.00
BUNDLED SALES	494.20
TOTAL INCOME	\$744.20

EXPENSES

ATTENDANT FEE	\$25.00
COPIES	88.55
HOSPITALITY	48.16
POSTAGE AND DELIVERY	2.77
PRINTING & ENGRAVING	27.03
RENT EXPENSE	185.00
SUPPLIES	24.02
TOTAL EXPENSES	\$400.53

TOTAL INCOME — EXPENSES \$343.67

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8/31/2009 BALANCE

ASSETS

CASH ON HAND	0.00
FROST CERT OF DEPOSIT	1,154.09
FROST CHECKING	3,894.51
FROST SAVINGS	2,385.00

TOTAL CASH & BANK ACCOUNTS \$7,433.60

but on Second Thought...

Thursday night. Herb Society night. Got home late from work. Thought, oh, it is too late to go. But wait! I noticed this morning that I have become dull and boring, just going to work and home every day. I am in a rut. Time to break out, change my clothes, get in the car and drive across town and walk into the garden center.

Sandy's talk about growing olives was entertaining as well as informative and at the end she invited us all to come to her Olive Farm the next day. She was going to have a practice cooking class, and the photographer from Southern Living Magazine was going to come and take photos.

Friday morning, following my goal of breaking out of my rut, I quickly completed what had to be done and, at 11:30, met up a fellow Herb Society member and together we headed off to "Sandy Oaks Olive Farm". Upon arriving, we found several other members from the Herb Society also there.

Sandy, after showing us around, set us the task of sorting olives. The olives with any flaws would be crushed into oil, and the perfect ones would be brined for eating olives. While all hands sorted, we laughed, told stories and admired all of the wonderful green, black and purple hues of the fresh olives until it was time to go to the cooking class.

We started with a tasting of last year's olive oil and then the olive oil that had been pressed only 10 days before. The color of the new oil was a deep lush green, the flavor light and smooth. Sandy told us that over the next two months the oil would develop a deeper olive flavor, then it would be ready to bottle.

Our hands were photographed holding pieces of bread dripping olive oil, The dishes the cooking instructors prepared were photographed and then served to us to enjoy. A red wine from Spain, rich and delicious in full bodied glasses, was enjoyed between courses. But alas, it was time return to San Antonio and home. The end of another wonderful day spent with new friends and old friends from the San Antonio Herb Society.

Next time you see me I will be a little less dull and boring.

Submitted by Carol-lee Fisher

Carol-lee will be teaching "Fresh Local and In-Season Cooking" class Friday evening October 2, 9, & 16. Contact Carol-lee123@sbcglobal.net for more information.

'09 - '10 SAHS Board Officers

Eileen Achorn - President

207-712-1903 (cell), Eileen.Achorn@utsa.edu

Evelyn Penrod - Co-Vice President Programs

830-438-2290 (cell), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs

210 566-4379 (cell), 10days@earthlink.net

Gayle Morris - Membership

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

gaylemorris09@gmail.com

Jan Conwell - Secretary / Recording

575-439-7522 (cell), jan_storyteller@yahoo.com

Treasurer - vacant

Lyn Belisle - Webmaster & Green List Coordinator

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

Kathryn Seipp - Publicity / PR

210-4959-3591, kseippccc@aol.com



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

In Home Senior Care

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

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

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drldesigns@swbell.net
www.communityed.neisd.net

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.tendayshealth.com

BarleyBaby.com

Sil & Yoli Huron
2127 Santa Monica St
SAT 78201
(210) 735-9053
health4ever@barleybaby.com

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• **Newsletter** editor is looking for
• those folks who attend the Herb
• Market to write about their experi-
• ences: what they saw, whose
• presentations they attended, how
• everything looked, what books or
• tools or plants they bought, what
• photos they took, what people
• they met. If this is something
• you'd like to try, contact one of
• the Board members.
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More at the SA Botanical Garden

Don't forget to visit the Garden this fall and see the **BIG BUGS!** installation. A 25 foot tall praying mantis greets you and gets you in the mood to meet a 7 foot ladybug, a spider with a 12 foot web and a dragonfly with 17 foot wingspan. The sculptor, David Rogers, has been working with these bugs for several years and has as much fun making and touring them as people do seeing them. With eight kinds of bugs in all, this exhibit is a delight.

Bootanica, October 25 from 10 am to 4 pm.

Herb Market

Oct 17
9 am to 5 pm

You **NEED** to come and see what's going on in the herb world. If you have *ever* seen, smelled, eaten, decorated or cleaned with, grown, researched, frozen, dried, tinctured, extracted, admired or whatever with herbs, this is the event for you. The new venue allows for a nice variety of vendors and presentations. (Plus, parking is shady under I37!) Mark your calendar and be there!!



PLEASE SEND TO:



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

