



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 271, October 2012

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 11, 2012 Texas Olive Ranch with Abbie Rutledge



Born and raised in Houston, TX, Abbie Rutledge always considered herself a city girl in love with ideas and creativity. Armed with a degree in advertising (UT at Austin, '82), Abbie began her career as an advertising art director for, McCann-Erickson Advertising in Houston. Then in 1987, she married South Texas native, Donald F. Rutledge III. When her husband's work as a project manager and consultant in commercial construction required him to move, Abbie began working for various advertising agencies in Dallas, San Antonio, Austin and Los Angeles for various clients such as Yamaha, Toyota, Pearle Vision and Southwest Airlines.

By 1992, Abbie began creating ads for Schlotszky's Deli in Austin and made great friends with the head of marketing, Karen Lee. Over the years, Karen and Abbie collaborated on projects while Abbie pursued being a mom of three young children and doing freelance work. Then in 2010, Karen asked Abbie to once again work together on marketing a new agribusiness, Texas Olive Ranch—the first commercial grower/producer of extra virgin cold pressed unfiltered olive oil in Texas.

Today, Abbie manages about a dozen farmers' markets in Austin, New Braunfels, San Antonio, Sugar Land, The Woodlands and Uvalde all for Texas Olive Ranch. She also represents the Texas Olive Oil Council (TOOC), an organization for Texas olive growers to promote "the other oil booth in Texas". Currently, Abbie resides in New Braunfels, TX, with her family.

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



21st Annual Herb Market...

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

The market is open from 9am to 5pm, but we'll need people to cover the set-up (starting about 7 am) & take-down, too. If EVERYONE (this means YOU...) donates just two hours that day, we'll have it made. Many hand make light (and very enjoyable) work.

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

Can't say enough about how this event is where SAHS can really shine in our efforts to bring the wonderful world of herbs to the general public. And such fun! Vendors of all sorts: plants, books, accessories, gardening doo-dads and tools, homemade soaps, lotions and more (so MUCH more). There will be an "Ask the Expert" booth, seminars, old friends, new friends, many new things to see and learn. Be sure and get yourself a one-of-a-kind souvenir Market t-shirt, too.

The membership of SAHS is promoting not only our publications to raise funds, but our *passion* for herbs in all forms and end uses as essential to our world, our health and our families. If the recent Garden Tour was any indication, there are literally hundreds of people out there wanting to know more about herbs. You can help them because you have this knowledge.

We'll see you there!



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GO TEXAN.

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

Member Recipes

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

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

Also Thanks to our Hospitality Crew, headed by Jane McDaniel & Pat Gonzalez, for their ever-witty (and sometimes wry) commentary in the form of table decorations. In September, we were treated to the theme "*Better Gnomes & Gardens*" That was a treat in itself!

As always, we do so appreciate the goodies created and brought to the table by our membership. If you partake of these delights, please remember that these items are intended as a treat, not an entire dinner., so pick an item or two and let everyone else have a taste, too. Thanks!

Pumpkin Bread

submitted by Camille Fiorillo

From : Texas Favorites: A Collection of Family Recipes, Sharon Smith Kneer

Ingredients

2/3 cup vegetable shortening

2-2/3 cups sugar

4 eggs

1 can (15oz) pumpkin (NOT pumpkin pie filling)

2/3 C water

2 tsp baking soda

1 1/2 tsp salt

1 tsp cinnamon

1/2 tsp baking powder

1/2 tsp cloves

1/2 tsp nutmeg

2/3 C chopped walnuts

2/3 C raisins (or chopped dates)

Directions

Cream shortening and sugar. Add eggs, pumpkin and water. Blend in dry ingredients, mix well. Stir in nuts and fruit. Bake in two well-greased 9x5 loaf pans at 350°F for 65-75 minutes.

Tomato, Corn and Red Cabbage Salad

submitted by anonymous

In a large bowl, whisk together 3 Tbs lime juice and 2 Tbs olive oil; season with salt and pepper. Add 1/2 lb halved cherry tomatoes, 2 C corn kernels (from 2 ears if fresh), 1 cut up avocado, 1/4 head red cabbage (thinly sliced) and 4 sliced scallions. Toss to combine.

Raw Broccoli Salad

submitted by Barbara Quirk

Ingredients

1 bunch green onions, chopped

1 1/2 cup grated cheddar cheese

2 bunches fresh broccoli

1 pint cherry tomatoes, halved

1 can sliced black olives, drained

1 jar (4 oz.) green olives, drained and sliced

1 cup mayonnaise or enough to coat vegetables

Directions

Trim leaves and tough stems off broccoli. Cut florets into bite size pieces. Add olives, green onions, cheese and tomatoes. Mix well with mayonnaise and yogurt until well coated. Refrigerate until served. This time I added 1 (6oz) container plain Greek yogurt. Serves 12.



Hospitality Table Schedule:

Nov: R-Z

Dec: Banquet

Jan: A-F

Feb: G-M

Mar: N-Q

Members' Sale Tables

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

2013 Herb of the Year: Elderberry

SAHS will publish a new brochure about elderberry for 2013. We now have a talented group of volunteers working on organizing, editing and publishing the paper in time for the New Year. Should be a good one!

So, all you herbies out there: be on the lookout or better yet, come to our the meetings and be the first on your block to get a copy.

In the meantime, don't forget to promote ROSES, 2012's herb of the year.



What's in Your Garden?

Take a look at some of the easiest ways to identify members of the mint, or Lamiaceae, family – a culinary favorite!

Peppermint, lavender, oregano, basil, rosemary and thyme are some of the superstars in this group of strong-scented, drought-tolerant plants. Their common features make it almost effortless to determine who their relatives are.

Leaves are opposite from each other on the stem and are usually in pairs.

Flowers are often small, found in clusters and bilaterally symmetrical, meaning if you draw a line through the flower from top to bottom, the flower shape would be the same on both sides of the line.

Stems are perhaps the most notable characteristic of the mint family as they are visibly square-shaped. Although plants in other families carry this trait, they're usually not paired with the strong aromatic quality of mint family plants.

Find a plant with all of these characteristics, and you've likely found a member of the mint family!



From the Almanac

Moon Facts & Folklore

The crescent Moon hovers to the right of Venus on the 12th

On Halloween, the Moon's in its spooky football-shape gibbous phase, floating above Jupiter.

Corn planted under a waning Moon grows slower but yields larger ears.

Babies born a day after the full Moon enjoy success and endurance.

A new Moon in your dreams promises increased wealth or a happy marriage.

These are the best days for activities, based on the Moon's sign and phase in October.

For Harvesting:

Aboveground crops: 20, 21

Belowground crops: 2, 3, 12

For Setting Eggs: 3-5, 23, 30, 31

For Fishing: 15-29





Over the Fence... 2012 Program Line-up

November: Wendy Thornton, Master Naturalist.

December: Member holidays party/banquet/reception:

An Old Fashioned Christmas, Culinary SIG hosting

January 2013: to be announced

Have ideas for programs?

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

Next Board Meeting

October 29, 6:30 pm. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides **flyers** via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Kim Paynter

The next SAHS cookbook, a "Best of" issue

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

SA Botanical Garden Events

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

Gardens by Moonlight, Oct 13, 7-11 pm. Music all over the garden, food & beverage carts, too. All to delight every one of the senses!

October 14-20 is Texas Native Plant Week featuring walks, talks and tours by the pros. See also txnativeplantweek.org for other events.

Dinosaur Stampede exhibit runs until Dec. 31.

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

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays.

Webpage: www.npsot.org/sanantonio

Fall Lavender Trail

Saturday, October 6: - Start out at the M & J Lavender Farm then truck on over to the other lavender farms in the Johnson City area. Mitchell at M&J will be giving a lavender distillation demonstration around noon. (web:www.mjlavenderfarm.com) Farms participating in the Fall Lavender Trail are Becker Vineyard, Chantilly Lace Country Inn Bed & Breakfast, Restaurant and Lavender & Herb Farm and Rocking L Ranch. Visit their websites for more details!

It was Dry out there...

until that 5-6 inches refreshed our gardens just in time for the tour!

Mitchell Lake Audubon Center

Maximum Growth and Protection from Drought for your Trees Saturday, October 27, 2012 9:00 to 11:00 am.

Trees are a welcome addition to our landscape and our ecosystem. During the last few years, trees have endured a variety of stresses. Mark Peterson, currently with SAWS, formerly Regional Community Forester with the Texas Forest Service, will explore ways to ensure a long and happy life for your trees.

RSVP Required; \$10 for MLAC members, \$15 for non-MLAC members

The Merry Mart @ the SA Garden Center

The San Antonio Garden Center has had to cancel our shopping event called Merry Mart which was scheduled for Oct 13th and 14th, 2012.

Comal County Master Gardener program

Judy Matt Warnock Turner, Ph.D., author of Remarkable Plants of Texas: Uncommon Accounts of Our Common Natives will discuss a selection of native Texas plants from his book at the Bulverde/Spring Branch Library on October 4, 2012 at 10:00 am. <http://bsblibrary.org/>
Or contact Carolina Gordon at cvgordon55@gmail.com

Guadalupe County Master Gardeners

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

GVST Presents the "Essentials of Gardening"

3rd Monday of Each Month @ San Antonio Garden Center 3310 N. New Braunfels (at Funston)

Free and Open to the Public, but a \$5 donation is appreciated to help cover expenses; No advance reservations required; Bring your hand pruning tools and have them sharpened by Dr. Phix-It (aka Tom Harris) for \$2 each tool, a donation to Gardening Volunteers of South Texas

Monday, October 15

Session 1: Planting Wildflowers, Harvesting Seed, Preserving Our Native Flower Heritage, with John Thomas, founder and owner of Wildseed Farms in Fredericksburg.

Session 2: Creating Watersaver Curbside Gardens, with Bob Beyer, Travis County Master Gardener.

Monday, November 19

Session 1: Creating Landscapes with a 'Naturalistic Design', with Susan Crawford Taylor, Medina County Native Plant Specialist, creator and curator of the native plant garden around the Medina County Community Library.

Session 2: TBA

Monday, December 17

Session 1: Softening 'Hardscapes' with Colorful Container Gardens, with Patrick Murphy, the Perennial Potter.

Session 2: Care and Feeding of Christmas Cactus, with Claude Townsend, San Antonio Cactus & Xerophyte Society.

Dr. Tom Harris, a co-founder of GVST, also teaches Continuing Education gardening classes for Nothside and North East Independent School Districts. For more information, visit Tom's website at

**Herb Market
October 20 @ Pearl
Come have fun with us!**



Minutes from Spetember 13, 2012

General Meeting

Meeting called to order at 7:00 by President Marla Garza. Attendance was 62 people.

Marla greeted and welcomed all, acknowledging visitors, thanking the hospitality team and food providers. Reminded all of the SAHS table with Patty Wilson, the share table and the 3 members tables (Jinnie Perkins with Usana vitamins and In-Home Senior Care, The Fascinating Gals with Hats, and Lyn Belisle selling donated herbs as part of the SAHS Fundraiser). Talked of the raise in dues of \$5 a year for single and dual starting this next month as voted on and approved by the Board.



Garden Tour is Sept 22; tickets are on sale. Eileen talked of the availability at each garden of water, educational handouts and the "Top 10 Herbs" flyer...also talked of the passport and the various prizes for the winners. Also emphasized the need for more "gate keepers" for several of the homes and asked for volunteers. Jeanne solicited people to distribute flyers to various businesses.

Marla announced the next general meeting will be Oct 11 with Texas Olive Ranch as guest speaker, the November 8th meeting with Wendy Thornton, Master Naturalist as speaker.

Diane and Evelyn talked of the October 20 Herb Market at the Pearl campus and the need for volunteers (passed around signup sheets).

Joe-Beth talked of the newsletter and emphasized the need for more input from members

Marla announced that Patty Wilson was vacating her position at the SAHS table and asked for a volunteer to take over.

Maria then introduced the speaker for the meeting, Christa M. Emrick. Christa was born in Germany but moved to America at age 11 and is now a Certified Gourmet Raw Food Chef. Contact Christa at www.cme-change.com or visit her at christa@cme-change.com.

Submitted by Mike Belisle, SAHS Secretary on 14 Sept. '12.

Christa Emrick & Raw Food Health

Program notes from Christa M. Emrick

Christa started out by reminding everyone of the cosmic vibration levels of foods in relation to our herb of the year (roses). Her example compared a hamburger (at 5) to the rose (at 300). Quite a difference!

Her backstory included an epiphany regarding her own health and the eating habits that had adversely affected her for many years. The awakening occurred after following advice from a health practitioner to stop eating processed foods, then quit eating cooked foods as much as she could tolerate. Christa first left off many bread and cooked products and discovered after just one month that she'd let go fo 40 pounds of that adverse health and felt much less congested, calm and energetic than she had in many years. She also more fully realized that the human body send many signals about its general state - sneezing and itchiness very often indicate some disorder, so pay attention when your body "talks" to you!



Raw Food dictates that no food processed in heat over 118°F be used as this cooking destroys the majority of nutri-

ents in the food item. What we're after here is that nutrient density that helps our bodies make efficient use of the nutrients given them.

Among some of Christa's basic rules are these:

Enter the Raw Food lifestyle slowly - your taste buds need time to acclimate to new things;

You will need to learn to slow down and check the grocery store foods for source, freshness and (of course) whether they've been heat processed (over 118oF);

"Mono" (single dish or single vegetable) meals can be an advantage to your digestive system;

Raw, healthy foods can be your "medicine" (instead of western chemical methods) to help bring your body to a better nutritional balance. To this end, she recommends drinking a glass of water with the juice of a lemon squeezed in first thing in the morning to get your body awakened, then again in the evening. Try adding a tiny teaspoon of olive oil or cayenne (for the warmth) and whirly in the blender briefly.

You must help your body eliminate toxins. Remember to 1) add more green, 2) remove more white (sugar, flour, potatoes...), 3) reduce dairy and meat, 4) reduce cooked starches, 5) reduce wheat and corn.

Christa gave us some great ideas on using vegetables in new ways to help avoid using something processed or cooked:

Remember any raw food should be consumed within at most a day of preparation. Raw foods deteriorate quickly even in the frig;

Soak & rinse nuts to remove surface tannins; Irish moss can be rendered into a gelatin;

Legumes can be soaked and rinsed and eaten without cooking. Time consuming, though, and not recommended by most Raw Food enthusiasts;

Crackers or pie crusts can be made from a variety of ground nuts & vegetables;

A Romaine leaf wrapped around a banana is a great, acid-balancing snack; a Romaine leaf can be used to wrap most anything, for that matter;

Make mayonnaise from cashews, "bacon" from eggplant, "couscous" from cauliflower and chicken salad from walnuts;

Zucchini, peeled and shaved into long strips make great wrappers, too;

Make kale chips to dip in pesto made from mint, parsley and walnuts.

Christa invites everyone to come visit her café, "Counter Culture", inside the Gold's Gym at US 281 and Evans Road. You can call first to see what's on that day's menu and even make requests!

Yum!!



Herb Market October 20

Special Interest Groups (SIGs)

If you have a particular area of interest, get in touch with one of our SIG leaders. They'll help you get one started. Here's your chance to do even more herbal things during the month! Start something new in 2012!

Special Herb Sale at the September session

You'll remember Pamela Dean's program on tea from a year or so ago. She taught us quite a bit about various types of somewhat exotic teas and the best brew methods. It seems she'll be moving soon to parts far away, and in the process of letting folks know that, she decided to donate a pantry's worth of a wide variety of dried herbs for SAHS to sell. This was done at the September meeting with the proceeds being donated to the Garden Tour scholarship fund.



Thanks so much, Pamela. We appreciate your generosity and wish you the very happiest travels to your new home!

Garden Happy Hour-3rd Fridays

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

October 19th garden host will be Dean & Gilda DeBenedictis. RSVPs will be needed, so contact them directly.

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

SAHS Membership - Dues News

Since March of this year we have had a steady increase in membership, gaining an average of 3 memberships a month. Currently we have 131 memberships and our monthly meetings are averaging in excess of 54 attendees. I believe these increases in membership and meeting attendance reflect the quality of our guest speakers and the Herb Society's professional approach in conducting meetings.



On another note, earlier this year the board recommended, and the membership voted, to raise annual dues for the following categories:

"Single member" from \$20 to \$25

"Dual membership" category from \$30 to \$35

"Business membership will remain at \$40.

These new rates will be in place for 2013 dues beginning with the October 2012 meeting. Remember that if you join or renew after October 1, 2012 your membership is good through December 31, 2013.



The SAHS

First Garden Tour for Scholarships

What a variety of gardens our "tourists" got to see and explore. The Committee did a great job of preparing information and handouts for our visitors and made the entire day fairly simple. The visitors at the various gardens all seemed to be appreciative of the places and the hosts with several even making the effort to thank us for opening our private homes for the tour. And everyone had a good time - visitors, hosts, helpers - everyone. Each garden stop had a handout describing the garden and how its theme had been carried out.



One of the benefits for those folks participating in this tour: there will be a drawing at the October Herb Market from all those completed passports turned in at the end of the day. The committee collected several great prizes (some valued upwards of \$150! How can you beat that? A tour AND a prize drawing!)

Thanks again to our very generous sponsors (those fine folks listed below). Please do visit them when you're out cruising for your garden supplies.

SAHS hopes to make this an annual event benefiting local students. The Tour committee welcomes volunteers who'd like to be a part of this ongoing project for 2013.

Sponsors:

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



Brian's October 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



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. 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.

In Our Organic Rose (Herb) Garden:

Roses should only be grown organically since they are one of the best medicinal and culinary herbs in the world. When they are loaded with toxic pesticides and other chemicals, that use is gone, or at least should be. Drinking rose hip tea or using rose petals in teas or salads after spraying with synthetic poisons is a really bad idea. For best results with roses, here's the program:

Selection: Buy and plant adapted roses such as antiques, David Austin's and well-proven hybrids (see "How To Grow Roses by San Antonio Rose Society", under Selecting Roses For Our Area). The old roses will have the largest and most vitamin C filled hips. R. roses have the most vitamin C.

Planting: Prepare beds (1,000 sq.ft.) by mixing the following into existing soil to form a raised bed: 6" compost, 1/2" lava sand; 1/2" expanded shale, 1/2" of decomposed granite, 20lbs. of alfalfa meal, 20lbs. cottonseed meal, 30lbs. of wheat bran/commmeal/molasses soil amendment, 20lbs. of sul-po-mag. Soak the bare roots or rootball in water with 1 tbsp. of Garrett Juice (or seaweed tea) per gallon. Settle soil around plants with water - no tamping.

Mulching: After planting, cover all the soil in the beds with 1" of compost or earthworm castings followed by 2 - 3" of shredded native cedar. Do not pile the mulch up on the stems of the roses.

Watering: If possible, save and use rainwater. If not, add 1 tbsp. of natural apple cider vinegar per gallon of water. If all that fails, just use tap water but don't over water. Avoid salty well water

General Notes for the Fall Season with Preventive

Maintenance around the House

Vents in foundation, soffits and eaves: Make sure screens are intact to keep out squirrels and other rodents, birds and insects. Knock off wasp and bee nests from eaves (if close to human activity, otherwise they are beneficial).

Gutters and downspouts: Scoop out leaves, seedpods and other debris. Flush the gutters and downspouts with a garden hose. Look for pools of water that reveal sags in the gutters. Straighten bent gutter hangers.

Exhaust fans: Clean the blades; oil the motor. (If you have a computer, it has an exhaust fan and the whole unit would need dusting / cleaning.)

Air Conditioner: Inside, clean or replace air filter; have furnace inspected (this should be done in late fall). Outside, prune or clear any leaves or shrubbery that is restricting the circulation of air (this should also be done in late spring). Refrigerator and freezer coils should be cleaned at least once a year (twice if you have pets) and drain pan cleaned with disinfectant.

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. Please see the full length version on the SAHS website.

SIG-nificant Events

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

Herbal Crafts SIG

For our September meeting, the Herbal Craft SIG gathered at Janet's home to make Lavender fans. You might ask yourself like I did hum what is this? Well it is literally a fan you make with stems of lavender and ribbons. By weaving various ribbons between the lavender stems you end up with a beautiful fan which you can fan yourself with the added benefit of lavender scent. We sat around a big round table with the supplies in the middle helping each other by sharing tricks on how to making the weaving easier. And of course when you have a group of energetic ladies a lively conversation was on going as we made our fans.

After finishing our fans we had a delicious spread to share. All in all we had a grand day! Thank you Janet for hosting and providing our group with yet another wonderful crafting experience.

Our Sig will not be meeting in the month of October because of the Herb Market. But the month of November we will be meeting for our annual gift making session. Start thinking of ideas we can make and let me know.

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

Submitted by Sandra Lyssy

Culinary SIG

Our September Culinary SIG continued our around the world tour, this month traveling to Northern Europe. Meeting in Carol's lovely home and spacious cook's kitchen,

we spread our offerings on counters and the island, making a culinary map of Great Britain, Scandinavia, the Low Countries, and Northern France and Germany. Each of us presented a brief history of



our dish, and then we dug in! Starting us off was a delicious soup of Scottish origin, made with sweet carrots and citrusy oranges. Our entrees included succulent crepes stuffed with shrimp, lobster and black drum, and smothered in a rich veloute (from Northern France, of course!), a vegan version of English shepherd's pie redolent of fresh sage, rosemary and thyme (if I'd thought to add parsley, a natural addition, we could of had a song fest going there), and a beautifully seasoned (and just plain beautiful!) Scotch cheese and onion oat pie, the recipe for which the maker got from a cookbook purchased in that country while on vacation. From Sweden we had a traditional smorgasbord item called Jansson's Frestelse (or Jansson's Temptation) made with potatoes cut noodle-style, subtly flavored with anchovies and served golden brown (and no, this is temptation that we did not resist!).

We took a break then to allow for digestion and to continue our plans and tasks for hosting the Herb Society's Christmas Banquet on December 13th. After an hour or so of lively discussion and a few how-to demonstrations of die cutouts, we were ready for sweets, and what an array was before us! From England, there was a beautiful to behold fresh raspberry trifle, with homemade ladyfingers, custard and whipped cream. Wonderful Dutch holiday cookies called 'peppernoten' (peppernuts) fragrant with anise and spices were impossible to resist. Scotland gave us a delicious sweet-tart rhubarb oat

crumble. A brownie-textured Swedish dessert called Teenie Dye's apple cake was a big hit. And to completely sate even the sweetest of teeth, we had a Northern Germany panne kuchen: a giant feather light bowl-shaped pancake, dusted with powdered sugar and topped with a chunky apple and walnut sauce, or strawberries, or both!

As usual with our group, we outdid ourselves. Next month, we will meet at Barbara's and pay homage to lemon flavored herbs in dishes from around the globe. Stay tuned!

Submitted by Jeanne Hackett

Aromatherapy SIG

No report this month.

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

Healthy Living with Herbs SIG

This SIG did not meet in September. Looking forward to October, though, and a session on Yarrow, Then our annual Healthy Soup session in November.

Herb Market October 20

SAHS Books & Tees Sale Table



Patty Wilson has faithfully handled this volunteer duty for many years (that's right - years). It is most certainly and gratefully appreciated by all of us at every meeting.

For personal reasons, she's notified the Board that SAHS needs to have another person fill this position.

Can YOU be the next book & tee sales person? If you can keep tabs on a simple inventory and handle simple funds and help folks with their club purchases then, YES, you CAN!

Please notify any Board member for this spot. Thanks!!

Olive Oil may Boost Bone Health

(Excerpt from article By Annie Hauser, Senior Editor, Copyright © 2012 Everyday Health, Inc.)

Osteoporosis and bone fracture rates have always been lower in the Mediterranean basin than in other parts of Europe, and now, Spanish researchers believe they have isolated one reason why: olive oil. The findings are published in the Journal of Clinical Endocrinology and Metabolism.

A study of 127 men who ate a Mediterranean diet rich in olives and olive oils revealed a higher level of osteocalcin in their blood. Osteocalcin is a protein found in bones, and, generally speaking, a higher level of serum osteocalcin means better bone density and overall bone health.

"The intake of olive oil has been related to the prevention of osteoporosis in experimental and in vitro models," said lead author José Manuel Fernández-Real, M.D., Ph.D., in a statement. "This is the first randomized study which demonstrates that olive oil preserves bone, at least as inferred by circulating bone markers, in humans."

The men studied are part of the *Prevencion con Dieta Mediterranea (PREDIMED)*, a multi-year clinical trial that assesses the effect of a Mediterranean diet on heart health and other chronic conditions. The men in the study were all over age 55 with at least three cardiovascular risk factors, including markers such as high blood pressure, type 2 diabetes, and a family history of early-onset heart disease.

Treasurer's Report, August 2012

Submitted by Barbara Quirk, Treasurer

INCOME

No income reported in August \$0.00

SUBTOTAL - INCOME \$0.00

EXPENSES

Attendant Fee \$45.00

Rent Expense 85.00

Garden Tour Supplies 97.48

Sales Tax 0.00

SUBTOTAL - EXPENSES 227.48

TOTAL (Income-Expenses) **-\$227.48**

ASSETS

Cash and Bank Accounts

Cash on Hand \$50.00

Frost Cert of Deposit 1,194.95

Frost Checking 906.43

Frost Savings 2,473.88

TOTAL Cash and Bank Accounts 4,625.26

TOTAL ASSETS 4,625.26

LIABILITIES 0.00

OVERALL TOTAL \$4,625.26

'12 - '13 SAHS Board Officers & Members

Marla Garza - President

210-837-7632 C; marla.garza@yahoo.com

Maria Luhrman - Co-Vice President Programs

210-474-0550 H; 317-5706 C; mluhrman@yahoo.com

Emily Sauls - Co-Vice President Programs

830-438-8314 H; kivuli@msn.com

Norm Hastings - Membership Co-Chair

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

Jennifer Lange - Membership Co-Chair

210-998-9771 C; niffers_00@yahoo.com

Mike Belisle Secretary, Recording

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

Barbara Quirk - Treasurer Co-Chair

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

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Kim Paynter - Publicity / PR

210-520-0480 H; 210-573-7056 C, texicana@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

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

Yvonne Baca - Immediate Past President

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

Joe-Beth Kirkpatrick - Newsletter

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

Pat Gonzales - Co-Chair, Hospitality

210-273-4898 C; patgonz51@yahoo.com

Jane McDaniel - Co-Chair, Hospitality

210-930-1026 H; 210-381-4931 C

janesirish@att.net

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

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

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

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

Mike Behrend, Executive Chef

Green Vegetarian Cuisine
1017 N. Flores
San Antonio, TX 78212
210-807-0891
Mike@greensanantonio.com
www.greensanantonio.com
11/12

Christa Emrick, Raw Food Chef

C-Me Change, Gourmet Raw Foods
210-710-4793
Counter Culture Café & Patio
inside Gold's Gym, US281 N & Evans Rd
christa@cme-change.com
www.cme-change.com
10/13

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
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10days@earthlink.net
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jinnieperkins@yahoo.com
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Yvonne Baca, LMT

Holistic Health Practitioner
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Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
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www.urbanherbal.com
02/13

To our business members:
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Thanks for your patronage

Herb Market October 20 @ Pearl



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