



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 283, October 2013

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 10, 2013 Herbal Special Interest Groups Review

Did you know that the San Antonio Herb Society (SAHS) has Special Interest Groups (SIGs) made up of members interested in varied topics? The goal is to learn more about herbs within whatever theme the SIG has picked to feature. Our SIGs will each make brief presentations as the meetings program. We hope to give everyone ideas about creating NEW SIGs with an even wider variety of topics or themes. We also hope that the friendships begun in each group will last for many years to come. Bring your note pads and idea hats to the October meeting!

The current SIGs are: Aromatherapy, Craft, Culinary, Healthy Living, Mad Hatters, Weed & Gloat, *what's next?*

N-Q members bring a snack for the Hospitality Tables. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels.

For more SAHS information, see our website at www.sanantonioherbs.org



2013 Herb Market, October 19

It's HERE! Is your calendar marked for this great event? The annual Herb Market at the Pearl complex awaits you and your volunteer talents. Come help us sell Resource Guide, booklets, herb mix packets and t-shirts. We'll also have our Everyday Herbs display up—this is our small contribution to public education. This is OUR TIME TO SHINE and bring our love of herbs to the general public.

Before or after your shift, you'll enjoy the great variety of herb-related vendors (plants, books, teas, foods, knick-knacks and so many other things) and go home with new treasures! Bring a friend and let's have some fun with HERBS!

Contact Leslie Bingham to volunteer. Call 210-445-8665 C or email lesliegw@live.com



Coming in November

Come and hear Melissa Guerra, of Melissa Guerra's Latin Kitchen Market at the November 14th meeting.

Melissa Guerra is an 8th generation Texan, born and raised on a working cattle ranch in South Texas. She is a self-taught culinary expert and food historian, specializing in the food ways of the American continent, especially Texas regional, Mexican, and Latin American cuisine. Her cooking show, "The Texas Provincial Kitchen," was produced in San Antonio at KLRN, and aired on PBS affiliates across the U.S. She also teaches cooking courses and is often a featured public speaker.



Hospitality Table Schedule:

Nov: R-Z
Dec: Banquet
Jan: A-M
Oct: N-Q

Members' Sale Tables

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

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Member Recipes

Thanks to *everyone* who shared their delicious dishes during our September meeting. Some of the goodies shared were:

Chicken and Rice Casserole

Submitted by Margie Larkin

Ingredients

- 1 (10 1/2 oz) can cream of chicken soup
- 1/2 C milk
- 1 C cubed, cooked chicken
- 3 C cooked rice
- 1 C shredded American cheese
- 1 C frozen peas
- 1/4 C chopped pimientos

Directions

Blend chicken soup and milk in a 1 1/2 quart greased casserole. Stir in cubed chicken, cooked rice, cheese, frozen peas and pimientos. Bake at 375°F about 25 minutes. Yield: 8 cups

Tuscan Beans with Tomatoes & Sage

Submitted by Jeanne Hackett (Minimally adapted from *Vegan Italiano*)

Ingredients

- 1/4 C extra virgin olive oil
- 4 cloves garlic, minced
- 2 cans cannellini beans, drained & rinsed (or about 4 C of cooked beans, if you make your own)
- 1 can stewed tomatoes, including juice
- 1 C vegetable broth
- 5 or more fresh sage leaves
- salt & fresh ground pepper to taste

Directions

Blend chicken soup and milk in a 1 1/2 quart greased casserole. Stir in cubed chicken, cooked rice, cheese, frozen peas and pimientos. Bake at 375°F about 25 minutes. Yield: 8 cups



White Chocolate Party Mix

Submitted by Loretta Hastings

Ingredients

- 1 lb white chocolate (white bark)
- 3 C rice chex
- 3 C corn chex
- 3 C cheerios
- 2 C pretzels
- 2 C dry roasted peanuts
- 12 oz M & M's (1 package)

Directions

Melt bark in microwave (or stove-top in double boiler). Be careful not to overheat the bark. Combine remaining ingredients. Pour melted bark over combined, stirring evenly to coat. Spread mixture on wax paper to cool. Once completely cooled, break into small pieces. Store in an airtight container.



Wines for your Health



Modern research has shown wine to have many health benefits, chiefly for the heart and circulatory system. These are due to flavonoids and polyphenols, which are chiefly contained in the skins; they're powerful antioxidants that disperse blood clots and protect against free radicals and the formation of cholesterol deposits and arterial plaque. Because red wine is fermented with the skins, it's richer in these antioxidants.

Whether the wine be red or white, at least half of its effects in stimulating the heart and circulation come from its low to moderate alcohol content. Alcohol is a vasodilator and circulatory stimulant whose dispersive, penetrating properties make it a great carrying agent for other medicinal ingredients and constituents of traditional medicinal formulas.

Traditional healing wisdom says that, to be truly healthy, we need a good balance of all tastes in our diet. But the bitter taste, being naturally unpleasant, tends to be avoided, and therefore deficient. To compensate for this, we can sip on a little bitter medicinal wine, either before meals to awaken the appetite, or after meals, to stimulate the digestion. A popular saying among herbalists goes, "Bitter to the tongue is sweet to the stomach."

Perhaps the most famous medicinal wine is Vermouth, which is red wine steeped in the herb Wormwood (*Artemisia absinthum*). Its medicinal name is *Vinum absinthita*, and is made by soaking a handful of Wormwood in a gallon of red wine for a month or longer in a well-stopped jar. Hippocrates used Vermouth and prescribed it for jaundice, rheumatism and anemia.

Source: www.greekmedicine.net/therapies/Drink_to_Your_Health.html

From the Almanac



Here are some fall season full moon names from some of the Native American tribes in and around Texas:

- Apache: "time when the corn is taken in" (*interesting in that the Apache weren't typical farmers*)
- Assiniboine: *Anukope* or "joins both sides"
- Choctaw: *Hash Koinchush* or "courting time"
- Comanche: *Yuba mua* or "fall moon"
- Creek: *Otowoskv-rakko* "big chestnut moon"
- Hopi: *Tuho'osmuya* or "month of harvesting"
- Navajo: *Nil-chi-tsosie* or "small wind"
- Zuni: *Li'dekwakkwya lana* or "corn is harvested"

Newsletter Articles, photos, etc.

Deadline for all materials submitted for possible publishing is the Friday of the week following the general meeting.

2014 Herb of the Year

Plan now to submit your article, anecdote, photos, field trip report, gardening experience with **artemisia**s.

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any items mentioned in this newsletter are at the decision and discretion of the individual.

Over the Fence...

2013 Program Line-up



Sales & Events:

Oct: Special Interest Groups present ideas (10/10)
Herb Market (10/19)

Garden Happy Hour (10/25—4th Friday)

Nov: Melissa Guerra, of Melissa Guerra's Latin Kitchen Market <https://www.melissaguerra.com/> (11/14)

Dec: 30th Anniversary Banquet (12/12)

Like our programs? We NEED your ideas!

Know a great speaker for an interesting herbal topic? Contact **Leslie Bingham** or any Board member with your suggestions.

Next Board Meetings

October 28, 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 Grace Emery.

SA Botanical Garden Events

Botanica on October 26 & 27. Includes all sorts of fun things for the family plus a great plant sale (10am TO 2pm) in the greenhouses (think discounts for quantity purchases!)
Starlight Movies in the Garden: October 4 for "Gigi". Starts at 7:30pm; free. Bring blankets & lawn chairs; light concessions available.

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

Garden Center Events

SAGC monthly meetings are held on the first Wednesday of each month and are free and open to the public. For more information call 210-824-9981 or check out their website at SanAntonioGardenCenter.org

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center 3310 N. New Braunfels (at Funston). Free and open to the public, donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org.

Guadalupe County Master Gardeners

Third Thursdays. Meetings are free and open to the public. The regular business meeting at the end of the program. For further information visit our website at www.guadalupecountymastergardeners.org

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Interested in Texas Native Plants?

The next meeting will feature Mary Irish whose topic is "Understanding the Roots: Botanical Latin." Mary is manager of the plant sales program at the San Antonio Botanical Garden.

Tuesday, October 22, 2013 at Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Free and open to the public.

Another event with native plants:

If you are interested in attending Level 1 and / or Level 2 of the Native Landscape Certification Program, it's time to register for upcoming classes:

- Level 1 will be held October 5, 2013 at Friedrich Wilderness Park
- Level 2 will be held October 26-27, 2013 at San Antonio River Authority (SARA) Main Office and Phil Hardberger Park (East)

For more details, and information on how to register online, visit our website at: Webpage: www.npsot.org/sanantonio
Submitted by Beatrice Caraway for NPSOT/San Antonio

Antique Rose Emporium

November 1, 2, 3 in Brenham & Independence, Texas 25th Annual Fall Festival of Roses. Weekend of educational and amusing programs sure to delight you (and make it well worth the trip!). Events will be held at the display gardens, 10000 FM 50, Brenham (closer to Independence), Texas 77833. For more information, call 979-836-5548 or check their website: <https://www.antiqueroseemporium.com/>
Submitted by Robbi Daves Will

SA Herb Society is Thirty Years Young!!

Inquiring minds want to know: What were YOU doing *back when?* We want to publish them for all our membership to see and appreciate. Send your memories to the newsletter not later than November 22 for publication in the December newsletter.

Here's some general items from back when...

- Mt. Kilauea on Hawaii begins slowly erupting (and still is)
- Motown celebrates its 25th anniversary and has the television special Motown 25 (Michael Jackson performed "Billie Jean" and introduced to the world the moonwalk)
- First flight of the Space Shuttle Challenger
- The immunosuppressant cyclosporine is approved by the FDA, leading to a revolution in the field of transplantation.
- The Nobel Prize in Physiology or Medicine to Barbara McClintock "for her discovery of mobile genetic elements"

Garden Happy Hour—our Second Year!

Garden Happy Hour--The Last Happy Hour of the Year SAHS members open their gardens to members and it is a wonderful way to view other gardens and to talk gardening with Herb Society Members.

Members and a guest are invited to the Happy Hour and are welcome to bring a snack and BYOB. The host will provide basic serving items, water, plates, cups, etc., etc., etc.

This month it will be the 4th Fri.

October 25th at Jean & Sid Dukes

RSVP to 10days@earthlink.net or 210-566-4379

Submitted by Marilyn Nyhus

Ed note: No report for the September visit—cancelled due to heavy rains!

Minutes from September 12, 2013

General Meeting

At 6:30 members and visitors began socializing and sampling food brought by members. The Hospitality Committee did a beautiful job decorating the table in a Harvest theme. There were 58 in attendance, including 16 visitors.

Meeting started at 7:00 with co-president, Yvonne Baca, introducing herself and reminding everyone to silence their cell phones as a courtesy to others.

Yvonne welcomed the visitors, and thanked the Hospitality Committee for the beautiful table. Members with last names beginning with N-Q are asked to bring food to the October meeting. She encouraged everyone to check out the Share Table, the SAHS Sales Table, and Members' Sales Tables. These tables included Rick the Beekeeper,

Phil with Grampa's Tea, Jinnie Perkins In-Home Senior Care and USANA Health Services, Emily Sauls with her homemade soaps. Emily also was also selling donated cookbooks with all proceeds going to SAHS, Beverly Tibbs with her homemade the Texas Tufa Gals with plant-



salves, and hypertufa ers.

Several items were covered in the business portion of our meeting:

We are running low of cookbooks to sell (5 left) so a proposal was made to re-print the SAHS Cookbook Vol II to have something to sell until we can get a cookbook



committee together to work on a new cookbook. A quote for re-printing was presented – to have 200 spiral bound cookbooks printed with two size options (#1 – 5½" x 8½" for a cost of \$1539 or #2 – 6" x 9" for a cost of \$1673.) According to the SAHS bylaws, any expense over \$750 must have membership approval. After many comments and questions from the membership, Marguerite moved that SAHS print 200 copies of the 5 ½" x 8 ½" size. Jane McDaniel seconded the motion. The majority of the SAHS members agreed.

Leslie Bingham told us about the upcoming Garden Happy Hour at her home next Friday, September 20th at 6pm. To RSVP, you can find her email in the newsletter on the website. The next Garden Happy Hour (and last one for this season) will be at Jean Dukes' home on Friday, October 25th. Please check out the newsletter for information on how to RSVP.

Leslie Bingham talked about the upcoming Herb Market on October 19th and sent around a volunteer sign up sheet.

Carol Hamling was unable to be at the meeting, but sent a report that the turnout at her house was terrific for making the 400 packages for the herb blends to be sold at the Herb Market.

Jerry Morrissey (SA Native Plant Society) announced a native plant sale on Oct. 26 from 9-2 at Hardberger Park.

Program Chairman, Leslie Bingham, introduced our speaker, Diane Baines, the "Food Evangelist". Tickets were handed out as the speaker will give out door prizes.

Meeting adjourned.

After Program: Yvonne thanked Diana Baines for coming to speak to us! Our next meeting is Thursday, Oct. 10. We are looking forward to having our Herb Society SIG's here.

Diane Baines, Food Evangelist

Ms. Baines is very qualified to speak to us because of her involvement for many years in health care and pharmaceutical related industries.

She presented a brief history of the producers of problematic chemicals such as Roundup™ and bacterium thuringensis (BT). Pharmaceutical giants such as Monsanto and Dupont are responsible for the lack of testing of these deadly chemicals. An active ingredient in Roundup, glyphosphate, is linked to autism, chronic diarrhea, Crohn's disease, Alzheimer's, and many more diseases.

She alerted us about GMO foods. The American Academy of Environmental Medicine urged long-time safety studies but were ignored. There are no human clinical trials of GMO foods. GMO creates massive collateral damage to the plant and causes severe side effects. Studies involving animals showed immune system damage, atrophy of the liver, smaller brains, infertility, perforated intestines and death. We are urged to contact our Congressmen about labeling GMO foods. Take action now.

Ms. Baines listed Chipotle Grill as one of the restaurants serving non-GMO food. Whole Foods has promised all non-GMO food products. Trader Joe's in-house products line is also GMO free. We are urged to be concerned consumers!

Some foods to avoid

- Corn
- Canola/Rapeseed Oil
- Cotton/Cottonseed Oil
- Soy
- Aspartame (equal™)
- Hawaiian papaya
- Meat, eggs and dairy products from animals that have eaten GM feed

Some zucchini and yellow squash

Sugar from sugar beets

Dairy products from cows injected with rBGH

Ms. Baines discussed a "tipping point". This is a theoretical point at which a group of consumers, voting with their dollars, can influence whether or not any given product will continued to be manufactured. She again urged everyone to become informed (read those labels!) and not purchase questionable products. Consumers can also query their favorite restaurants and grocers about what GMO products are offered for sale.

Ms. Baines drew for the door prizes. Our winners were Robin Maymar and two others, receiving books and a movie.



Submitted by Barbara Quirk, Secretary, Sept. 18, 2013

- Ed note: for further research on your own, please see these web pages as recommended by Ms. Baines:
www.responsibletechnology.org
www.geneticrouletemovie.com
www.naturalnews.com/029677_organic_labels.html
www.nongmoshoppingguide.com

SIG-nificant Events

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



Culinary SIG

September includes International Tapas Day, so this month our SIG celebrated with our own Tapas Night at Linda's comfy home in the gentle hills of Leon Valley. We started with a brief history of tapas from Linda, and then each of us described our dishes and the ingredients, adaptations, techniques and, sometimes, tools used to bring them to the table---jalapeno salt, for example, was new to many of us, as was organic whole grain brown and serve breads and a nifty gadget that cores kiwis and tomatoes. The array of appetizers included black bean and corn quesadillas with condiments; garlicky cannellini bean salad with dried chorizo sausage; a black kalamata olive tapenade; a Spanish potato dish called patatas bravas; a chickpea, tomato and spinach curry with brown rice; mashed potato-stuffed cocktail tomatoes; bacon wrapped beef smokies; cheesy rice squares with Hatch chilies; spinach and leek dip in a bread bowl with dippers; hot chicken wings with celery sticks and blue cheese dressing; fresh herb dip with toasted baguettes slices; a shrimp, mango and grape cocktail salad; a caponata and basil tart; and baked lentil balls with mango chutney. Accompanying all was a delicious and potent sangria and some iced teas. To say we feasted would be an understatement!



We caught up with each other's activities and travels while munching, and then spent the rest of the evening discussing future group activities. We are excited about plans for the next SAHS general meeting and what we can do to encourage new SIGS, as well about the herb-spice mix we will vend at the Herb Market. We "taste-tested" the za'atar spice mix with some homemade grilled flat bread, which was deliciously full-flavored and sure to be a hit. We will preview this at the October general meeting, so be sure to come!

Submitted by Jeanne Hackett

Weed-n-Gloat SIG

A skeleton team from the Weed n Gloat SIG met on



Gdn, has experienced some perfect growing weather. Rogue pink and red inedible sages, hackberry shoots, cannas, and a very decorative (also inedible) purple basil stood 3 ft tall amongst the thymes, feverfews, rose (Herb of the Year 2012), rosemary and lemon balm. So - with clippers and hoe, Evelyn Penrod, Marilyn Nyhus, Robin Maymar, Leslie Bingham and I went about our work, filling four large compost containers with cuttings. It looks good now. Next month we will plant fall herbs. A well-deserved respite was taken at Josephs' Bakery where we partook of freshly brewed coffee and warm Danish pastries and biscuits with slatherings of butter, and all the latest gossip. Yeah - you missed it! Next Weed n Gloat: last Monday in September; 30th, 9 - 10 am.

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janeshirish@att.net or Leslie Bingham, at email: lesliegw@live.com.

Herbal Crafts SIG

No report for this month.

If you're interested in joining us or if you have any questions, contact Leslie Bingham, email lesliegw@live.com or call 210-445-8665 C. or Adrienne Hacker, email hackla@aol.com or call (210) 829-8433

Herbal Mix Committee

The Herb Mixes for Herb Market 2013 are going fantastic. With our energetic group of workers we are almost ready for October 19, 2013. We have begged and pleaded for fresh herbs from several members and they have come through like champions. We did have a somber moment when the wonderful savory we were planning on from



Monday, August 26th, at the SA Botanical Garden Herb Garden to weedand gloat amongst the herbs which we have planted over the years. It was obvious that San Antonio - at least in the SABot



Norm Hastings turned out to be Mexican Mint Marigold.

It seems the tags were switched in his garden. I told him the sad part was he would get the beautiful blooms this fall. He told me he always cut them off, now he won't in the future. If anyone needs some beautiful dried Mexican Mint Marigold, Norm has some at a good price.

Here's a list of the mixes created:

- Boot Kickin' Pork Rub
- Zaátar
- Roasted Garlic Salt (Free with purchase of any 3 herb blends)
- Pumpkin Pie Spice (not just for pie, wait 'til you see the recipes)
- Smoked Paprika & Ancho Chile Salt

Submitted by Carol Hamling



Healthy Living with Herbs SIG

The Healthy Living SIG met at Leslie Bingham's on Tuesday Sept 17th. Present for an "Indian" themed dinner were Marilyn Nyhus, Virginia McGuire, Marguerite Hartill, and Randy Mass.

The herb in question that was under discussion for this meeting was Lovage, "Levisticum Officinale." We found out that Lovage, contrary to popular opinion that it cannot grow in hot climates, is actually naturalized here in the Southwest. It was brought to the colonies early on and there is a large patch of lovage actually thriving in the restored kitchen gardens at Jefferson's Monticello.

The plant itself is a large (in ideal conditions it can grow to over 6 feet) celery-scented perennial with stout, fleshy roots, hollow stems and diamond shaped, divided leaves. Not only does Lovage lend its unique celery-like flavor in cooking, but has a myriad of other medicinal applications. It is high in anti-oxidants and iron. It is sedative and aids digestion, so it can be a soothing tea (use fresh leaves).

When harvesting leaves and stems, infuse some in grape seed oil for several weeks and then let drip through a coffee filter for two days and you will have lovage oil with which you can make lovage mayonnaise. This is so delicious it will revive failing marriages and raise the dead!

The next SIG will be held at Jean Dukes and the herb under consideration at that time will be Vitex.

Submitted by Leslie Bingham

Is it Time to Lose the Lawn?

After more than a year of Stage 2 drought restrictions — and the third year of drought — many of us may be wondering why we have lawns at all.

Factor in the chemicals, fuel, water, labor and regulations associated with lawn care, and it's a wonder why anyone would want a big yard. Some people have simply let their lawns die. And that's not necessarily a bad thing. But you don't have to go to that extreme.

Reducing a typical landscape from 75 percent lawn area to less than 50 percent can shrink your outdoor watering significantly, as drought-tolerant perennials and shrubs use less than half the amount of water that grass does. And it's the first step toward qualifying for the WaterSaver Landscape Rebate.

Expanding garden beds with mulch alone or combining with a pervious hardscape also reduces outdoor watering needs. (Hint, hint: The WaterSaver Landscape Coupon program returns Sept. 15 with new fall offerings!)

Hand-watering is the most efficient method of irrigation because it helps create a deep water profile in the soil. So the smaller your lawn, the better the odds of keeping it green.

From the SAWS e-newsletter in September

Some Culinary Ideas for your Herbs

Herbed Butter: We mix minced herbs (sage, rosemary, chives, etc.) into softened butter, roll the mixture into a log inside parchment paper, then store the paper-wrapped logs stacked in a freezer bag within a plastic container. Having this compound butter to spread on biscuits, potatoes, bread and steaks is a luxury all year long.

Herbed Vinegars and Salts: I make herbal vinegars and dry as many herbs as possible for use later in the year. My favorite way of using herbs in everyday cooking and baking is to grind up a blend of dried herbs and add it to salt. It not only cuts my salt intake in half (half herb, half salt), but also introduces a hint of flavor right at serving time.

Grilled Goodness: I like to use rosemary, basil and oregano on my grilled vegetables — potatoes and summer squash especially. Just slice the vegetables, brush olive oil on the flat sides, press the oiled slices into the chopped herbs, and grill as usual. The flavor is delightful.

Basil and Tomatoes: I love fresh basil added to Roma tomatoes. I cut the tomatoes, cover them with slices of fresh mozzarella cheese, add a dash of salt and pepper, and then add freshly chopped basil leaves on top. Drizzle with a little olive oil and voilà! It's amazing.

Herbal Tea and Salad Dressing: I add all kinds of herbs to my salad dressings. I also dry and freeze herbs — some we drink as teas. Nettles and yarrow are our favorites.

Flavorful Salad: I like to chop fresh herbs and mix them into green salads. Adding herbs is simple but adds lots of flavor.

Basil Bouquet: Fresh basil is heavenly! Cook with it, of course, but it also makes for a wonderful, aromatic centerpiece — just snip a large bouquet!

Submitted by Emily Sauls as found on the site <http://www.motheearthnews.com/real-food/>

Books, Books and more Books

A friend of Evelyn Penrod's donated a boxful of cookbooks. Emily added a few books & decided to set up a sales table at the general meeting. She encouraged us all to bring in any unused/unwanted cookbooks to sell. At the September meeting, many of these books found new homes. The funds raised go to SAHS's general fund. We hope this can be a regular sales item. There are so many fascinating herb-related books out there! Watch for this again soon or maybe volunteer to staff this table - could be fun.

Cookbook, Vol II reprint in process

Vol. II of our beautiful San Antonio Herb Society cookbook seemed headed for extinction. We had just a few copies left and there were no digital files to be found, which would mean that members would have to re-type the recipes by hand to reprint it. And an attempt to organize a new cookbook never quite got off the ground. But after some inquiries, we found the great people at Allegra Printing Company. They were able to deconstruct an old sample copy, extract the cover from a PDF file, and put it back together again just like Humpty Dumpty! As an added improvement, the new binding is a coated spiral so the cookbook lies flat. Best of all, we'll have the new cookbook to sell at the 2013 Herb Market. Because the printing costs were over \$750 dollars, membership approval was required, and it was happily given at the September meeting. The new-old cookbooks will be ready the first week in October.

Submitted by Lyn Belisle

Business Members

Nature's Herb Farm

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

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

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<http://www.texasoliveranch.com>
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Farm & Ranch & Pet Supply
14906 Bandera Rd., Helotes, Texas 78023
(210) 695-3551
www.jupemills.com
(courtesy listing, 12/13)

Christa Emrick, Raw Food Chef

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

Heron's Nest Herb Farm

Melanie & Fred VanAken
1673 River Bend Dr., Blanco, Texas 78606
(830) 833-2627
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www.heronsnestherbfarm.com
12/14

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