



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 307, October 2015

*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.*

Thursday, October 18 2015

## Brian Gordon: *Hugelkultur* Gardening Method

Come meet Brian Gordon! The talk will be concurrent with October's Food Sovereignty month with information about an old, old German technique called *Hugelkultur*. This method consists mainly of using wooden logs as a base with compost and soil piled on top to create a living soil environment full of healthy microbes, bacterias, and fungii. Brian Gordon has been working with *hugelkulture* for the past several years - observing and researching the effect it has in the garden in our unique Texas environment. We will also examine other techniques to improve overall soil health and natural organic nutrients in a world of rapidly eroding top soil.

Meet Brian: 'I started almost two years ago working in the Roots of Change garden, with my prior gardening experience not being too good. Upon joining here I had started investigating permaculture techniques and trying to understand our interaction with food production and our communities. We started small with some garden expansions and applications of these techniques in sort an experiment and were pleased with our results. Since then I've been taking classes and researching more on soil and community health.'

*Members whose names begin A-M, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).*

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

*For more SAHS information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)*

### Up Next: 24th Annual Herb Market

Mark your calendars now and plan to be a part of this great event. This year's Market will be held at the Pearl, 9am-3pm. SAHS needs your help to prepare samples, sell our cook-books, Resource Guides, booklets, salt and tea blends, Market tee-shirts and generally help out. This is OUR TIME TO SHINE and bring our love of herbs to the general public. Contact Leslie Bingham to volunteer.



### Gardening? Frosty is almost here...

According to the Old Farmer's Almanac, the average date for the first frost of the season here in South Texas is November 25. Did you know we enjoy almost 270 days in our growing season? That's a lotta tomatoes!



### Used Cookbook = Treasures for your Bookshelf

The Used Book table is a veritable treasure trove of culinary texts **plus** the income benefits the SAHS. Books make EXCELLENT gifts for ANY occasion. Get in touch Karen Lopez or Charlene Swafford for one of our collection of used cook books at bargain-basement prices and you might even keep one for yourself.

- James McNair's Favorites
- Chef Dad's Million Dollar Cookbook
- Mr. Food Cooks Chicken
- Confessions of Sin-Sational Chefs
- Non-cookbooks*
- Greenprints - The Weeder's Digest
- Orchids for the South

### Newsletter Deadline for November Issue

All materials for **November** due by **October 21**.

### Hospitality Table

#### Schedule:

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

#### Members' Sale Tables

*Please contact the Program Chair to arrange for your tables at least two weeks in advance.*

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## Member Recipes

Here are a few of the items from the September tables.

### Caramelized Lemon Rosemary Tart

[*or How to Prepare a Flawless Pie*]

Submitted by Robin Maymar

#### Ingredients

1 C all-purpose unbleached flour  
1/4 C hazelnut meal  
4 1/2 tsp sugar  
1/2 C (1 stick) unsalted butter, cut into small pieces  
1 egg yolk (reserve the white for brushing)  
4 Tbs ice water  
Filling:  
1 3/4 C plus 2 Tbs sugar, divided  
3/4 C fresh lemon juice  
10 egg yolks  
Grated zest of 2 lemons  
1 Tbs fresh rosemary, chopped finely or 1 1/2 tsp dried  
Pinch sea salt  
3/4 C (1 1/2 sticks) unsalted butter, cold and sliced

#### Directions

To prepare crust:

Combine flour, hazelnut meal and sugar in a food processor and pulse to combine. Add butter to flour mixture and process until it resembles coarse crumbs, about 10 seconds. In a small bowl, combine egg yolk and ice water and beat together. With the food processor running, add egg-water mixture to flour mixture slowly, through the feeding tube, just until the mixture holds together—no more than 30 seconds. Turn the dough out onto a lightly floured work surface and press together to form a ball. Flatten the dough into a disk and place on a sheet of plastic wrap. Wrap tightly and refrigerate for at least 1 hour before using. Turn the disk out onto a large square of floured parchment paper. (It's helpful to tape it to your work surface.) Using a rolling pin, roll out the crust to fit a 10-inch tart pan, about 1/8-inch-thick. Transfer crust to the tart pan by inverting the pan over the crust, then picking up the parchment paper and flipping it over. Carefully peel off the paper. Press the dough up the sides of the pan; fold the overhanging dough back onto itself to 1/4 inch above the edge of the pan. Prick the bottom of the crust all over with a fork. Place crust in the freezer for 15 minutes. Preheat oven to 350 degrees. Line pastry crust with parchment paper and fill with pie weights or dried beans. Place tart on a rimmed baking sheet and bake for 15 minutes. Remove from oven and remove parchment paper and weights. Brush with egg white and return to oven and continue baking for another 15 minutes. Cool completely on a wire rack.

To prepare filling:

In a large bowl, whisk together 1 3/4 C sugar, lemon juice and egg yolks. Transfer to the top of a double boiler or large stainless-steel bowl. Heat over simmering water 15 to 20 minutes, whisking constantly until mixture thickens. Once thickened, cook another 5 minutes. Remove bowl from heat and stir in lemon zest, rosemary and salt. Whisk in butter, piece by piece, until melted. Pour hot filling into cooled tart shell and cover with



plastic wrap. Refrigerate 2 hours. When ready to serve, preheat broiler. Remove tart from pan and place it on a baking sheet. Place the outer ring of the tart pan upside down over the tart to cover the edges and prevent them from burning. Sift remaining 2 Tbs

sugar evenly over the tart. Place it under the broiler, leaving the oven door open, and watch carefully. Remove the tart when the sugar is caramelized and golden brown, about 1 to 2 minutes. Transfer to a serving plate and serve immediately. (If the tart has softened in the broiler, refrigerate or freeze for a few minutes before serving.)

### Some of the other dishes this evening included:

Vegetarian Chili  
Pumpkin Bread  
Cranberry Salad  
Chips-n-Dip



### Chew on This

(*excerpted from the online Mother Earth News*)

Though the bounty of summer is great, by the time fall arrives most of use probably miss cool-weather greens—whether it's a fresh, crisp salad or a hearty sauté of kale, chard and collards. Greens are one of the most versatile, nutrient-rich and easy-to-grow crops our gardens produce. Their meal options are many. Regardless of whether you grow anything else in the fall garden, greens are a must. Lettuce, spinach, kale, chard, mustard, collard and turnip greens are some of the most common and easiest-to-grow greens. Some lesser-known, but certainly delicious, options include arugula, mizuna, bok choy and tatsoi. Though their culinary uses vary, they all share common elements when it comes to the garden.

Greens are mostly a cool-weather crop. With consistent moisture, they thrive during short, cool days and cold nights. When these conditions occur in your garden depends on your planting zone. (The USDA Plant Hardiness Zones will help you learn about how plants may react to conditions in your area. Learn more.) Though these cooler temperatures indicate greens-growing weather, the time to plant will depend on how you choose to get your seeds started and when you expect your first frost. The following list offers more information about when to plant various greens.

Though greens are easy to grow, they are susceptible to various pressures. Pests, weeds and insufficient water can halt or slow their growth. The most common pests to affect greens include cabbage worms and slugs. Pick them off by hand or use the organic insect repellent Bt (*Bacillus thuringiensis*) to keep them under control. Weeds are the plight of every gardener, but once greens are established they can often shade out pesky weeds. Applying a 6-inch layer of mulch will do wonders to keep weeds at bay. Finally, make sure to water well during the late summer days. That same thick layer of mulch will also go a long way toward maintaining the moisture content of your soil.

## Over the Fence... 2015 Program Line-up



### SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

**Oct:** Brian Gordon on *Hugelkultur* gardening;  
24th Annual Herb Market @ Pearl

**Nov:** chef demonstration (details t/b/a)

**Dec:** Annual Members' Holiday Banquet

**Jan:** 2016 Herb of the Year: Capsicum

**Feb:** 2016 t/b/d

### Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

### Next Board Meetings

**October 26, 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.

*Remember: ALL Members always Welcome!*

### Next Bylaws Review Meeting

**October 1, 6:30 pm**

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

### SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can print them and post them at stores in your area, stores that you would be frequenting anyway. If every SAHS member gets a few flyers posted or shares them on social media, our membership will grow!! Get with Mike Belisle to help out.

### SA Botanical Garden Events

There's a new art exhibit in the Garden. Opened in September and runs thru end of the year.

**Botanica** events (including a plant sale) is October 24.

The Garden is open year-round, 9am to 5 pm.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### SA Garden Center

November general meeting features SAHS' Leslie Bingham speaking on herbs and the SAHS hosting the refreshment tables. For information, call 210-824-9981 or see <http://sanantoniogardencentre.org>

### Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. website:

<http://sanantoniochapter.wordpress.com/> or contact via email: [npsot.sanantonio@gmail.com](mailto:npsot.sanantonio@gmail.com)

### Gardening Volunteers of South Texas

Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

Web site: <http://www.gardeningvolunteers.org/qvstwp/>

### Comal County Master Gardener program

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

Website: <http://txmg.org/comal/>

### Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program).

Sept 17, topic is "Bog Plants and Gardening" by Keith Ameng.

For further information call 830-303-3889 or visit our website at [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org).

### Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

### SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center.

For more information, see [www.sarosesociety.org](http://www.sarosesociety.org) or call Meg Ware 210-698-8440

*Submitted by Peggy Jones, Publicity, SARS*

### "Sow, Grow, Savor" Column @ SA Express-News

The SA E-N is always accepting folks who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose or other special end-use.

Contact Grace Emery [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

### Remember Savory is Herb of the Year...

How have YOU been using Savory in your cooking and healthy and tasty living this year?

Let us hear about it!



### Leslie Bingham at SA Garden Center Nov. 4

Leslie will make a presentation titled "Herbs and the Holiday Table" to the SA Garden Center at their regular meeting on November 4th at 10 am.

SAHS will host at this session and needs a few volunteers to help out. Please contact Leslie soon to help out.

### Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact any Board member to help out.

### What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

### SAHS Web Pages

Do you know about our web site? On this site, we keep an archive of past newsletters (which contain meeting minutes and treasurer's reports) as well as photo "albums" from various events

[Sanantonioherbs.org](http://Sanantonioherbs.org)

A little bird overheard recently said that Lyn's working on a revamp of our website. She's looking to make it easier to read and navigate and giving it a good cleaning up in the process.

Thanks, Lyn!!

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## Minutes from September 10, 2015

### General Meeting

September 10 at San Antonio Garden Center

Call to order by President Leslie Bingham at 7:10 PM., introduction and cell phone reminder.

Call for any new members, guests or visitors. Tonight we welcomed Melanie Short as a guest and Milan Maymar as a new member.

Announcements:

September Happy Hour Friday, Sept 25th, at new member's house, Mr. Todd Mernin. Please bring a snack to share and beverage.

Reminder October meeting Thursday, the 8th: Brian Gordon with the Roots of Change Community Garden will speak on *Hugelkultur*, a German method for layering your garden plot.

Herb Market is Saturday, September 17, at Pearl Brewery; watch our website for times and location. Diane Lewis and Leslie Bingham, co-chairs. Please sign up to volunteer and indicate your time slot. Call Leslie 210-445-8665

Watch our website, [www.sanantonioherbs.org](http://www.sanantonioherbs.org) for times and location at the Pearl.

Program Speaker: There being no further announcements, our speaker Cheryl Koch Lehman and her father "Tony" Koch were introduced by Joe-Beth Kirkpatrick. Cheryl spoke about the history and background of the Koch Ranches. Their family -- now into the seventh generation with Cheryl's son -- raises cattle and exotic species of animals on 4,400 acres of pastures, including almost 400 acres of irrigated natural warm-season grasses and over-seeded winter grazing. Several years back, the Kochs were fortunate to discover deep, free-flowing artesian wells (springing from the Edwards Aquifer) beneath their properties. This resource provides bountiful, clear water for the all-natural green-grass-fed animals, sustainable vegetable gardens and fruit orchards.

Since converting to a completely "all natural" and sustainable regime, Cheryl told us that they brought their pasturelands back to level of nature probably not seen since the 19th century. The bugs, birds and critters are returning and thriving and demonstrating that sustainable methods of agriculture really do work.



The Kochs found out that the best way to raise animals is the way Mother Nature intended. Most industrial feed lot operators feed their animals only dried grains and hay (instead of green grass) - not a diet a cow or sheep or pig is designed to consume. Most other major meat suppliers inject their ani-

mals with hormones to stimulate rapid growth and antibiotics and other chemicals to compensate for the unhealthy, crowded and confined conditions in which they fatten the animals. Chemicals injected into live animals become residue that can be passed on to the food consumer when the meat is eaten. Koch Ranches prefers to take the old fashioned and completely natural approach in raising their stock - one that is environmentally sound, economically viable, healthy and humane. Everything on the farm is used and recycled - nothing goes to waste. Even the feral boars on the property are caught, caged, fed and eventually slaughtered for sale at their farm store, which the Kochs invited us to visit.

Cheryl proved to be really entertaining and informative speaker.

Koch Ranches Gourmet Country Store  
2124 Mannix Dr. San Antonio, Tx. 78217  
Office: 210.858.7744

[www.kochranches.net](http://www.kochranches.net) and [www.gourmetcountrystore.com](http://www.gourmetcountrystore.com)

Meeting adjourned at 8 P.M.

Members with last names that begin with N-Q please bring dish to share for the Hospitality table.

Next Meetings:  
Board Meeting  
Monday September 28th at 6:30 P.M. at Lyn Belisle's Studio.

General Meeting  
Thursday October 8th. At 7:00 P.M. at the San Antonio Garden Center.

Submitted by Gloria Ortiz SAHS secretary

Ed. Note:

Post meeting talk has it that Mike Belisle (notorious foody and great cook) went to the Gourmet Country Store to check out the provisions there. What he found, he said, was just delightful and worthy of EVERYONE's shopping time. They carry meats, vegetables, fruits, honey, fermented drinks plus prepared foods. EVERYthing in the store is local to this end of the state and is about as natural as it can get.



### SAHS Constitution and Bylaws

Earlier this year, the Board determined that our bylaws could stand a review and possible updating. A group of volunteers has met a few times to discuss items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth. Please contact any board member for information.

## Membership

We currently have almost 100 regular members of the SAHS, including individual, family and business members. Remember to pick up your name tag as you enter before the meeting.

### Need Greeters! Here's an EASY Job!

Have a few minutes at the beginning of the evening? Robin could always use a few friends to help greet members from 6:30 to 7pm. Thanks  
Submitted by Robin Maymar, Membership Chair

## Suet Bird Feeders

Suet is the perfect bird food recipe for the winter months when birds' food sources dwindle. Suet is loved by nut-hatches, woodpeckers, wrens, chickadees, Use almost any seed or grain, mixed with bacon fat, lard, or peanut butter. A basic suet combines equal parts of bacon fat and assorted birdseed. Mix up your recipe, put it in a tuna or cat food can to chill (or freeze) until it's hard enough to hold its shape, then release it into a wire suet cage or sturdy mesh bag. For a fancier suet, add peanut butter to the mix. You can also bind cornmeal or oatmeal with straight peanut butter and spread it into holes drilled in a post or log. Birds also like dried fruits, so consider adding raisins, currants, apricots, or citron.

### Suet Cake

2 parts melted fat (bacon fat, suet, or lard)  
2 parts yellow cornmeal  
1 part peanut butter

Mix all ingredients together and cook for a few minutes. Pour into small containers (tuna fish cans are good), and refrigerate or freeze until needed. Mixture can also be stuffed into 1-inch holes drilled in small logs to hang from trees. The recipe can be made all year long as long as you accumulate fat. Fasten containers securely to trees or feeders.

Enjoy watching your feathered friends warm up by your window!

## Speaking of Birds-Chickens, that is

Are you one of the growing number of new urban poultry "farmers"? Here are some helpful hints?

For simplicity, most owners of small flocks buy commercial rations from their local feed stores. Young chicks will require "starter" feeds, and you may have a choice of medicated or non-medicated versions. (If you can keep a healthy flock with the non-medicated rations, do so.) Once the hens reach laying age, at approximately five months, you'll want to switch to layer rations with at least 16 percent protein. Chicken feeds can be supplemented by homegrown or home-mixed rations of grains (oats, corn, barley, wheat, etc.), various brans, fish meal, alfalfa meal, and bonemeal. You can add scraps from your table, such as fruit and vegetable peels or leftover breads. Avoid offering raw potato peels (hard to digest), garlic or onions, (which may alter the way the eggs or meat taste), or anything spoiled. Feeds bought from the store contain all the phosphorus and salt your hens will need, and they eliminate the need for grit.

If you free-range your hens or supplement their diets...

- Be sure to offer a hopper of grit to help the hens grind up any grains or plant matter they eat.
- Hens also need a hopper of ground oyster shells or other calcium source to prevent soft-shelled eggs.
- Fresh water should be a constant supply.

## Treasurer's Report, July 2015

Submitted by Karen Lopez, Treasurer

July and August treasury reports will be published at a later date. Please contact the Board if you have questions regarding the income and expenses of the SAHS.



### Did You Know...

An interesting item deserving a repeat explains those little stickers on the produce at the grocer's. "A four-digit number means it's conventionally grown. A five-digit number beginning with a 9 means it's organic. A five-digit number beginning with 8 means it's genetically modified."

*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 information mentioned in this newsletter are at the decision and discretion of the individual.*

## '15 - '16 SAHS Board Officers & Members

**Leslie Bingham** - President

[lesliegw@live.com](mailto:lesliegw@live.com)

**Grace Emery** - Vice-President / Program Chair

210 875-6919 C, [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

**Robin Maymar** - Membership Chair

210 494-6021 H; 830 459-8415 C; [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

**Gloria Ortiz** - Secretary, Recording [gloria4clarins@yahoo.com](mailto:gloria4clarins@yahoo.com)

**Karen Lopez** - Treasurer [i\\_quilts@yahoo.com](mailto:i_quilts@yahoo.com)

**Mike Belisle** - Publicity / Speaker's Bureau Contact

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

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

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

**Joe-Beth Kirkpatrick** - Newsletter

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

**Jane McDaniel** - Hospitality and Weeder Extraordinaire  
210-930-1026 H

**Leslie Bingham** - Hospitality

**Yvonne Baca** - Immediate Past President

830-537-4700 H; 210-313-8705 C; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Margie Larkin** - Co-Chair, SAHS New Merchandise

**Lynda Klein** - Co-Chair, SAHS New Merchandise

### More Information

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

*Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.*

## SIG-nificant Events

### Culinary SIG I

Our September theme was barbecue, hosted by Carol, who (in a nod to *Diez y Seis*) had on hand Mexican Coke and orange Fanta as well as delicious made-to-order fresh limeade to greet us.

The centerpiece of our feast was a fork-tender brisket which Carol's hubby Tim started smoking at 6:00 that morning, accompanied by a homemade sauce and pull-apart bread, pickles and spring onions. Surrounds included a luscious corn pudding from Tennessee with surprise ingredients: Jim Beam honey and orange juice. Another delicious and unusual dish was roasted cabbage wedges with an onion and Dijon mustard dressing. Flavorful barbecued succotash, made with black beans instead of limas, added vibrant color to our plates. Crusty and succulent roasted potato wedges were tossed with chipotle and fresh garlic. New England baked beans, cooked for 9 hours in a very slow oven, were a big hit as were New Orleans-style white beans from Chef Prudhomme---and after soaking, these wonderful beans were done in just 2 1/2 hours. Another long-cooking dish was soy curls stewed in a homemade barbecue sauce, and perfect as an alternative to meat. A big favorite that we have loved before was a delicious grape salad bathed in cream cheese and sour cream, and layered between a brown sugar and pecan mixture. I think as long as out cook obliges, we will ask for it over and over!

Of course no feast is complete without dessert, and we had plenty of that too. A pineapple upside down cake, baked in a cast iron pan, was as beautiful as it was tasty. An old family recipe for a fudge-like chocolate cake was made even better than the original with the use of dark cocoa instead of regular. A final dessert was prune-stuffed baked apples basted with limoncello. Our cook attached some research to the recipe that addressed the best apples for baking. Honey Crisps won, with Granny Smith's coming in last. Those Honey Crisp apples baked up so delicious and beautiful that I am making them tonight!

Next month, we meet at Barbara's for yet another annual favorite, our autumn foods celebration. Stay tuned!

*Submitted by Jeanne Hackett*

### Aromatherapy SIG

The Aromatherapy SIG is going to Austin on Tuesday, October 6th, for an outing/tour to the American Botanical Council and then lunch. If you'd like to attend, please RSVP to Jean Dukes at 210.566.4379 or [itmakescents@earthlink.net](mailto:itmakescents@earthlink.net) as soon as possible, so carpooling arrangements can be coordinated. We'll probably leave from the Forum area around 9am. Details are not in stone yet.

Please contact Jean Dukes at 210.566.4379 if you would like to join the group or if you have any questions.

### Healthy Living with Herbs SIG

September cancelled. October should find us discussing the "herb wheel" at Diane's.

We have room for new members, so get in touch—we love company! We ask that new members to commit to staying with the group for a year as we all take turns preparing for and presenting at least one "class" during that time.

*Submitted by Joe-Beth Kirkpatrick*

### Mad Hatters

The Mad Hatters closed out the summer months with a really nice tea at the Avocado Cafe in Bracken. This small cafe is run by some lovely ladies. The food was really fresh and wonder-

ful. They had made a tasty new kind of muffin for us to try which was made fresh that morning. One Mad Hatter had her favorite drink, an Avocado milk shake. They offer many hot tea selections (all from our favorite tea guy, Phil of Grandpa's Teas). With the 100 degree weather we all opted for Peach or Hibiscus iced tea or other cold drinks.

With good conversation and good food it was pleasant way to spend a Saturday afternoon with friends.

The Mad Hatters will not meet in September but will meet again for tea in October at the Veggeria.

The welcome mat is out if you would like to join the Mad Hatters and then join us for all of our Tea adventures.

Here is some Tea wisdom to ponder.

*"Come along inside with me and we will see if a cup of tea can make the world a better place to be."*

Contact me at [lnbdesignline@aol.com](mailto:lnbdesignline@aol.com).

*Submitted by Linda Barker*

### Herbal Crafts SIG

The Herb Society Craft SIG met at Linda Barker's house on Saturday, Sept 19. She showed us various recipes for making food gifts in quart size jars. The recipes we assembled were Rainbow Soup Mix, Stuffing mix and Rice pudding mix among others. These make great Christmas or Birthday gifts. Afterwards, we had a wonderful potluck lunch. If anyone is interested in joining the Craft SIG, we meet on the 3rd Saturday of each month (except for October) at 10 am until 1 pm.

If any of you would like to be part of our SIG, please contact Kathryn at [kseippccc@aol.com](mailto:kseippccc@aol.com) New members are always welcome.

*Submitted by Kathryn Seipp*

### Culinary SIG II

Happy Anniversary Culinary Sig II Members!

On September 24, the SIG members met at the Turquoise Grill on 410 for a celebration of two years. Grace Emery, Robin and Milan Maymar, Marybeth Wilkins, Pam De Roche, Karen Lopez and Sandra Woodall attended the Mediterranean faire dinner with everything from hummus to Lamb Shish kabobs. Other members not present are J. Ann Bauerkemper, Adrienne Hacker, Mama T and Don Reiter, Gloria Ortiz, Gilda and Dean DeBenedictis and Gilma and Gary Bobele. We have been delighted with our own culinary growth in cooking with herbs and have many recipes to add to our files.

We particularly want to thank Carol Hamling for her expertise, organizational skills and hospitality in getting our group going.

Our next dinner will be hosted by J. Ann Bauerkemper and Adrienne Hacker on October 22. The theme to be announced soon.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

*Submitted by Grace Emery*



## Texas Natural Living SIG

No report for September.

We have changed the date of this SIG to the fourth Thursdays. at 11am. For SIG meeting information, please contact Marilyn Nyhus ([rudyandmar@yahoo.com](mailto:rudyandmar@yahoo.com)).

## Weed-n-Gloat SIG

It's been a long, hot summer and I wondered, as I made my way to the SA Botanical Garden's Herb Garden for the first time after 3 months in Ireland, how dried out our Herb plot would be. No need to worry - the Weed-n-Gloat Team had taken great good care of it during the hot July and August months, with twice-weekly watering, and monthly weeding. We spent a good hour tidying out as I call it - it's really the "slash and burn" method of weeding, i.e. clip, prune, dig out, throw out. So the cannas which had cavorted in the gingers were all cut down by Marsha, a host of wandering mint roots pulled out by Janette and Jane, heirloom lovine were seeds planted by Tinky, and relentless pruning of lemongrass done by Robin and Lisa Kelly. We weeded and dug and delved... nice morning in the Herb Garden. And left it, satisfied - for a while. The gardener's work is never done.

*Submitted by Jane McDaniel*

## A Note About Heirloom Seed Saving in Ireland

I visited the Irish Seed Savers Association farm in July and bought a heritage apple tree, gooseberry plant and some hardy coastal plants there for the garden in Achill. Now that there's a fence up around our land on Achill Island and the sheep can't come into the garden there is great satisfaction in watching the flowerbed and herb patch do well, and seeing all that is blooming there. The sheep had particularly liked the fresh shoots of parsley and cilantro.

The Seed Savers farm near Scarrif in Co. Clare is huge - tucked away, off a secondary road, down a high-hedged narrow road - we call those a *boreen*, in Ireland, a "*bothareen*" or small road and there is just room for one car to go down that - they have a very large seed saving building, a small shop run by the owner, who is Canadian, a cafe, orchard, growing fields up and down a couple of hills. I met people there who had come from different areas of Ireland to either go on the self-guided tour or buy plants and trees.

I got a Ballyvaughan apple tree, cooking-eating apple, the rootstock of which was originally found on the west coast of Ireland, in Ballvaughan, Co. Clare, growing on an old compost heap - that should stand the winds of Achill. I later bought a second tree, "Kathy", in a hillside nursery in Newport, near Achill - small red and sweet eating apples. There were apples on this tree when I bought it! So now I have an apple tree in each of the "lawns" in front of the house so the bees will have their fun with those.

The Irish government offers grants for tree planting on fallow, acid land so I am planning on putting in fir trees in two of the boggy fields at the back - the ground will be good for firs. Ireland was originally covered in fir and oaks.

*Submitted by Jane McDaniel, Anseo House, Achill Island*

*Ed Note: for seed information, contact*

*Irish Seed Savers Association,  
Capparoo, Scarriff, County Clare, Ireland.  
[irishseedsavers.ie](http://irishseedsavers.ie)*

## Get Well Wishes

Marilyn Nyhus will be undergoing treatment for a recently diagnosed cancer—never good news. SAHS offers its prayers and hopes for successful treatment and speedy healing. Marilyn's family have come to help take care of her and Rudy and the rest of the home front and that's a healing treatment in itself. Get well soon!

## In Memoriam

Past SAHS President and Lifetime member, Carol-lee Fisher's mother died this month; her name was Edith Willat and she was 90 years old. She and her husband moved last year from their home outside Mill Valley, CA. on a ridge overlooking San Francisco Bay to assisted living.

According to Carol-lee, "she went on daily walks, kept in touch with her extended family by phone, bossed the gardeners, and kept the caregivers hopping". Carol-lee told of her father coming to see his wife each day the week before she died, and sitting by her bed, holding her hand and singing love songs to her as she "glowed". What a blessing a good mother and father are. The SAHS extends sympathy to Carol-lee and Paul, and the her family on the death of Mrs. Willat.

*Submitted by Jane McDaniel*

## September Garden Happy Hour

Perfect Porch Weather

If you were not outside Friday September 25 you probably missed the most perfect porch weather of the year. The Garden Happy Hour met at the home of Todd Mernin. Built in the 1930s, this home is ideally set for these long cool evenings of fall with large windows and long porches. Cindy Tower, his girlfriend, showed us around their big yard. They have worked very hard to bring in lots of rock for beds and decoration. A year of that work has transformed their yard from a parking lot to a peaceful, water-filled haven. Cindy has used found objects to wonderful advantage. I would never have thought to use a large broken flower pot and some cement to make a mask to hang on the wall. Found and redecorated chandeliers light the side outdoor breakfast area and the grotto. There are at least four water features, complete with fountains. One grotto is shaped like a giant's face, with water flowing out of his mouth. Almost all of the flowers are white, to be viewed in the moonlight. A thunderstorm blew up, so we went inside porches and the kitchen. With the shower, the temperature got cooler and as evening turned to night we talked about gardens and herbs, fountains and found objects. It was a thoroughly lovely evening.

The SAHS Garden Happy Hour is highly recommended! . Mark your calendar for next month's soirée on October 23 from 6:30 to 8:30. We are still in negotiations for a location, but may have a rose garden lined up. We will announce host and RSVP information at the October 8 general meeting.

*Submitted by Robin Maymar*

*Submitted by Robin Maymar*

## Dispose of Expired Drugs

This isn't necessarily an herbal topic, but the information may be helpful to many of our membership.

The US Drug Enforcement Agency offers disposal sites for drugs whose container labels show expired "use by" dates. They typically hold a few "Take-Back" days in a year. Check their website [www.dea.gov](http://www.dea.gov) or call 800-882-9539 for dates and locations.

Please don't put old drugs in the trash or flush them where they can contaminate our precious and limited water resources.



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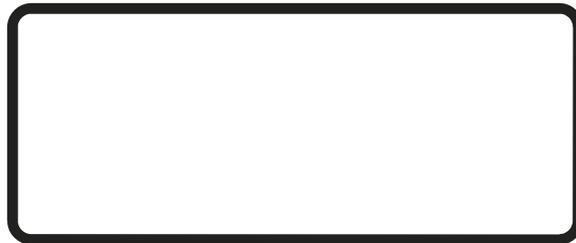
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