



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 248, November 2010

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, November 11, 2010

Diane Lewis & Landscaping With Herbs



Learn how to design beautiful, fragrant, and useful herbs into your existing landscape or new herbal spaces.

Diane will discuss history; design basics and planning; the roles different herbs play in the landscape; how to select the right herbs for the right conditions; compatible hardscape; and theme gardens. Get tips on how to create a "designer" look when your budget is tight.

As a former VP of San Antonio Herb Society, Diane Lewis planned & presented programs and arranged speakers and events. She has a BS from the University of Missouri-Columbia and an AAS in Landscaping & Horticulture from Palo Alto College in San Antonio, TX. Diane interned with the urban biologists at Texas Parks and Wildlife's "Wildscape" program and taught horticulture/herb CE classes at Palo Alto College. She currently teaches herb cooking, crafting, design, and gardening classes at the San Antonio Botanical Gardens and at the kitchen classroom for NEISD. Diane has presented herb and landscape design seminars for home & landscape shows, gardening groups, herb societies, herb farms, and commercial nurseries. She is a designer, consultant, and instructor with her main focus on herbs, native plants, wildscapes, and xeriscapes. Her background in the field of microbiology gives her added insight into natural gardening methods and the science of gardening



Members whose last name begins with T-Z are asked to bring a snack for the hospitality table. Don't forget to bring the recipe to share. AND don't forget to meet and greet any visitors or new members and show them around.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org

Herb Market 2010—Another Great Event!

The Pearl Complex on Grayson Continues to Grow

Jason Dady of The Lodge in Castle Hills, Bin 555, Tre Trattoria, Two Bros. BBQ Market and Insignia at the Fairmount downtown. Chef Dady demonstrated recipes featuring dill—the room was full. The featured speaker, Pat Sharpe from Texas Monthly, discussed Texas chefs who feature herbs on their menus. Our own Diane Lewis and Joe-Beth Kirkpatrick presented "Dill - Herb Of The Year" and threw in tips on making herbal vinegars, to boot. Our founder, Mary Dunford gave a great discussion (as always) on growing herbs.

2010's Market introduced a craft workshop in which attendees created and then took home some beautiful gifts using dried flowers. Mary Dunford and Theresa Howard, owner of Yesterday's Garden held this class. The results were beautiful. (By the way, two SAHS volunteers helped with this session, as well. Thanks, Marguerite and Marilyn.)

This was our second year at Pearl Brewery. The regular Farmer's Market was going on in the west parking area and doing a great trade.

The San Antonio Herb Society booth sold our Cookbooks, Resource Guides (almost 30 copies total), single herb booklets and memberships (several new folks signed up this weekend! -

welcome!) plus several of our members "manned" the table for the official Herb Market T-shirts. This is one of the cooperative



functions SAHS does with the Herb Market Association to help reduce our overall expenses. We save several hundred dollars in booth fees and insurance by participating. In the long run, this is what helps keep our dues structure low. Many thanks to all who volunteered—your participation is always greatly appreciated and

we know you had great time in the process. There always new people to meet, new things to see (or smell or taste!), information to acquire... The list goes on.

Visit the Herb Market website at: www.sanantonioherbmarket.org for followup reports and photos!

Submitted by Joe-Beth Kirkpatrick



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Hospitality Table Schedule:

Nov T-Z

December Banquet:

ALL

Jan: A-F

Feb G-M

Mar N-S

Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com



GO TEXAN.

Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the October meeting:

Ginger Snaps with Pumpkin Dip

Submitted by Sally Ann Hnatiuk

Ingredients

- 6 oz cream cheese
- 1/2C brown sugar
- 1/2C pumpkin puree
- 2 tsp maple syrup
- 1/2 tsp cinnamon
- dash ground allspice

Directions

Blend together well. Serve with cookies and fruit in a hollowed-out pumpkin shell.



Halloween Dirt Cake

Submitted by Madeline Sprague

Ingredients

- 1 20 oz pkg Oreo cookies
 - 1/4 C butter, softened
 - 1 8 oz pkg cream cheese
 - 1 C powdered sugar
 - 1 tsp vanilla extract
 - 4 3 oz pkg instant pudding, chocolate
 - 6 C milk
 - 1 12 oz container of whipped topping or freshly whipped cream
- ghouly decorations (gummi worms, candy skulls, etc.)

Directions

Chop or process cookies til resembling dirt. Combine butter, cream cheese, powdered sugar and vanilla. Blend on low speed until smooth. Add the chocolate pudding and milk and continue blending until smooth. Fold in whipped cream or topping. In a serving dish, layer "dirt" and pudding mixture so that the "dirt" is the topmost layer. Arrange the gummi worms and other creepy crawlies in the "dirt". Serve with a toy shovel in bowls.



Easy Basil Pesto

Submitted by Marilyn Nyhus

Ingredients

- 1/2 C extra virgin olive oil
- 2 or more garlic cloves
- 2 C fresh basil leaves, packed solid
- 1/4 C toasted walnuts
- 1/2 C parmesan cheese

Directions

Place all ingredients in a food processor and puree. Pesto can be frozen in small containers for later use. Yield: 2 Cups.

Rotini with Pesto

Submitted by Sally Ann Hnatiuk

"Classic Pesto" recipe from the SAHS Cookbook, vol II, page 252.

Also found on the hospitality table (no recipes provided) were some great fried chicken, cookies, brownies and a terrific spinach and basil frittata. Yum!

Sandra has a quiet little cadre of her own. You can usually find Cindy (right) or Marilyn helping out in the hospitality room.



Natural All Purpose Cleaners:

Use liquid castile soap and baking soda or Borax in different ratios.

Use a little soap and soda/borax with lots of water on floors, walls and counters.

Use more soap, soda/Borax for tubs sinks, cat boxes, anything that can be well rinse.

For a general, all-purpose cleaner, try a paste made from baking soda and water or mix salt and water with a little vinegar.

Newsletter Notes

Don't know about you all, but this is one newsletter put-er-together-er that won't consider outsourcing the reporting and publishing of this letter to India or somewhere. You all know that I welcome any and all contributions to this Letter.

Send me your tested recipes for food, tinctures or lotions; email me those book reviews; pony-express those calendars for not-to-be-missed events (or maybe review one you've been to recently); upload those photos - all of any member- or herbal-related topic.

Remember that there are several of our membership who don't get out so much or who live far away. This letter is a tiny light for them, a voice from somewhere filled with friends and joy. Let them hear from YOU.



Garden owned by Annette, one of Diane's clients. Annette incorporated many of the ideas and planning steps taught by Diane in a class a few years ago.

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 and a person may have a reaction to any herbal product even though it is not a toxic substance.

Over the Fence...

2010-2011 Program Line-up



November: SAHS member Diane Lewis on Landscape planning with Herbs

December: Annual winter banquet "A Homestyle Christmas" Maria Lührman and Evelyn Penrod, coordinating. Volunteers needed to help with decorations, etc. Call today.

January, 2011: SAHS member Eileen Achorn on the 2011 Herb of the Year, Horseradish!

February: George Ojeda, Executive Chef & Catering Supervisor of the University Health System on Chocolate & Herbs.

March: To be determined

Next Board Meeting

November 29, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Tee-shirts, totes and aprons available

See Patty Wilson at the sales table at the next meeting or contact any Board member.

SA Botanical Garden Events

Class: **Savoring the Herbal Harvest** with Diane Lewis

Saturday, November 27 from 10:00 am - 1:00 pm

Tour the herb garden at the San Antonio Botanical Gardens with herbalist Diane Lewis and find out the best way to harvest fresh herbs for flavorful culinary creations and garnishes. Come inside and learn how to use them to make delicious, quick and easy dips, spreads, salsa, salad dressing, soup, and more. Learn the best way to dry herbs and observe how to preserve fresh herbs in tasty herbal butters, pesto, and vinegars. Take home a sample of an herbal salt-free blend made with dried herbs in class. Recipes will be provided. Fee: \$41. An additional \$10 food fee payable to the instructor covers materials, samples, and lunch made with these herbal creations. Admission into the Garden is included in the cost of tuition

Need something to do for a day trip?

Go to the Hill Country and visit the M&J Lavender Farm, on 2484 Round Mt.-Sandy Road, Johnson City. Mitch brought the 'still that was used in an essential oil distillation demo at Pearl back in August. Nice folks - go see 'em.

www.mjlavenderfarm.com

Report: SABot September Plant Sale,

Marguerite Hartill & Marilyn Nyhus (both SABot volunteers sold a lot of herbs AND a couple of SAHS cookbooks and Resource Guides. What a great thing to do to help out. Maybe it'll set a precedent...

FaceBook.com and Meetup.com

SAHS Internet presence

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

The SAHS is investigating using "Meetup.com" as another web venue for advertising our organization. To do this, Maria Lührman has volunteered to be moderator of the page for a couple of months as part of our research. If you have experience using this site, please give your input to Maria. Go to <http://www.meetup.com/>

GVST & more classes GVST offers monthly "Essentials of Gardening" classes which emphasize watersaving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center.

Be sure to confirm the dates and locations prior.

Refreshments are provided, but feel free to bring a brown bag lunch. Bring your hand-pruning tools and have them sharpened by Dr. Phix-It for an additional \$2 donation each tool. November's classes:

Monday, November 15 "Naturalizing Heirloom Bulbs for Texas Gardens" with Danny Fowler, from Austin. A founding member of the Texas Flower Bulb Society and owner of Texas Tulips.

Monday, December 13 "Creating Living Interior-Scapes" with Leslie Bacon Knopf of Foliage Designs; instructor for San Antonio College's Green Initiatives continuing education program.

Member Greetings

This writer saw Amy Estess, daughter of our late member Mary Lee Estess. Amy asked me to convey her gratitude for the lovely card from the SAHS and sends her verybest regards to everyone.

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

Members' Sale Tables at General Meetings

Contact Jean Dukes to reserve a table at least 2 weeks prior to the meeting. Have your sales table set up by 6:30 pm and removed by 9 pm.



Adrienne spent a good while checking out Jane's latest fabric goods for sale.

More Membership:

It's not too soon to start thinking about renewing your SAHS membership. Membership forms will be included in the December, January, and February newsletters, but you can also print one off from the website (www.sanantonioherbs.org) or pick up one at the membership desk at any meeting. Renewals will be due FEB. 11, 2011. If you haven't renewed by that date, your name will be removed from the roster which means you won't get the newsletter in the mail or receive notification about the newsletter and events through email. And we KNOW you don't want THAT to happen! NEW MEMBERS: Remember, if you joined after October 1 of this year, you are paid up through December 2011, so there is no need for you to renew until then

The next order for nametags will be turned in following the December banquet. If you need a replacement, the cost is \$12.50, a new magnetic backing, \$1. New members, you're eligible for your nametag after attending 3 meetings. I keep track via the attendance sign-in provided at meetings, but if you forget to sign in and you've attended 3 meetings, just let me know.

Submitted by Gayle Morris, Membership Chair

Minutes from October General Meeting

October 14, 2010

Meeting started at 7pm. Jean Duker presided.

Minutes were approved of September meeting as well as treasurer's report. Visitors and new members were welcomed. Hospitality was thanked for the great job they do every month.

Reminder that those who come early to bring the treats on the hospitality table are also asked to help with greeting visitors at the front door.

Members who wish to set up a sale table, please contact Jean Duker 2 weeks before the meeting.

Member share table is set up every month. Items left at the end of the night will be thrown away.

Newsletter items for November's letter are due no later than Sunday night.

Those who joined Herb society and have attended 3 meetings please contact Gayle Morris to get name tag. Also, joining in October gets you a little extra in that membership now until December 31 includes all of 2011.

Diane Lewis reminded everyone that Herb Market is this Saturday at Pearl Brewery from 9am-5pm.



Mary Dunford, owner of Nature's Herb Farm and one of our founding members, will be presenting on growing herbs. There will be talk on rain-water collection and drip irrigation. Diane Lewis and Joe-Beth Kirkpatrick will speak on herb of the year, Dill. New this year is an extra Market flyer to be used as a kind of shopping list (it's a list of many common herbs to be found at the Market). Parking is free under I37 or in the new parking garage next to the new C.I.A. building.

Marilyn Nyhus announced that Sunday, Oct 24th, the Botanical Center will be selling plants and herbs during "Botanica".

Evelyn Penrod and Maria Lührman are chairpersons for the Christmas banquet on Dec.9, 2010. Members are welcome to bring a guest. Our theme this year is "A Homestyle Christmas". Those interested in helping with decorations (and enjoy doing crafts) are encouraged to contact Evelyn or Maria. Dinner is a potluck (always a treat for the great dishes brought) plus we will have a gift exchange.

Sally Ann Hnatiuk announced that the Antique Rose Emporium will be having a class on gardening with bulbs on Oct 21. On Oct 23 - 24 Mike Shoup (owner of A.R.E.) will present on propagation and the fall garden and Carol Lee Fisher, SAHS past president, will teach a class on herbs for an edible landscape. For more info check out the website www.wearerose.com.

Jenni Perkins announced her annual decorated egg show. This San Antonio show is one of the top ten in the country for these lovely Faberge-style decorated eggs. Artists from all over the world come to display, there are over 60 entries.

One of our business members, chef Charles Harzman, will be teaching class thru NEISD sat Oct 23 @ 6pm. Quiche and Creme Brulee. Cost for class is \$23.00, Food cost is \$15.00 please contact NEISD continuing education for more details.

Veronica Gard announced there will be Rose show at Lions field on Oct 30, 1-4pm.

Sandra Lyssy has some "orphans" from previous meetings. She will have these out for three meetings, then they'll go to the share table. (a dish and 2 spreaders)

Our guest speaker is Judy Barrett, former publisher of "Homegrown" and author of What Makes Heirloom Plants So Great and What Can I Do With My Herbs?

Meeting was adjourned at 8:10 pm.



October Program with

Jud Barrett and her Homegrown Wisdom

Judy Barrett has written several books on natural gardening, cooking and using herbs every day. Traditionally, herbs were used throughout the home - from kitchen & house-keeping gardens to "physic" gardens (medicinal). These various uses are enjoying a return to popularity.

Used medicinally, herbs typically offer fewer side effects than equivalent over the counter drugs and, over the long haul, are probably more effective. Using fresh, organically grown plants offers more in the way of healing due to the synergy contained in an entire plant. For example, consider ginger. It typically eases motion-sickness better than most OTC drugs. Comfrey is a quick first-aid for cuts and scratches (a bruised leaf held to a wound speeds healing). We can draw on literally hundreds of years of experience using herbs for healing.

Judy explained that she has become an inveterate label-reader. It was all those cautions and scary ingredients years ago that convinced her to go organic.

Used around the house, herbs are a gentle and fragrant helper. One can easily clean the house with herb teas or herb-infused vinegar; it's incredibly cheap, smells good and is easy to make. Try making a very strong vinegar infusion to help control mold. Rosemary, lavender and thyme have antiseptic properties. Put as much herb as you can in a quart jar fill with vinegar and leave for 2 weeks.

Keep it simple and cheap (two of Judy's favorite words).

Freshen carpets with ground-up dried herbs mixed with baking soda; sprinkle powder at night, then vacuum next day. Catnip and/or lemon grass is great for mosquito repellent. Mix with cheap vodka in a blender, strain out the plant matter, put liquid in spray bottle and use on yourself to keep bugs away (and someone HAD to ask about drinking it instead... you probably wouldn't even notice the silly things after that!). Oh, and lemongrass is good at repelling tigers.

In the landscape or garden, herbs help keep everything healthy, not just us humans. Companion planting is a great (and very ancient) way to promote healthy crop growth plus deter pests. Judy plants oregano as an understory to her roses. The oregano help deter aphids (and ants) plus it smells great with the roses. Try carrots next to your tomatoes.

Where vetiver grass grows (it's a tall, thinner leaf than lemon grass), remember it has very long, dense roots that are great for erosion control and, as a tea, for hangovers. Plus it repels termites and cleans up the soil. The root has been used as a perfume fixatif. Comfrey has a deep tap root that brings up lots of nutrients for other plants. Use leaves as a tea or as mulch. Leaves are used in poultices to heal broken bones.

After a question, Judy explained her thoughts on why we need to promote the use of heirloom plants. First off, they're hardy. Any plant that has been grown from seed for many of the plant's generations will be beautifully adapted to its local environment - weather-wise, dirt-wise and pest and disease-resistance-wise. Heirloom plants have stories to tell and discovering these is sometimes as satisfying as growing the plant itself. These plants have better diversity (unlike those specifically bred or genetically altered) and are thus even hardier, plus most have better flavor and nutritional value. The lesson here: plant heirlooms, share heirlooms, enjoy heirlooms.



Making a Calendula-infused Oil

Fill a glass jar with a tight fitting lid to the top with dried calendula petals, the size of jar depends on how much oil you want to make. Pour olive oil or another carrier oil of choice over the petals in the jar. Stir the oil into them until they are thoroughly saturated, then cap tightly. Try to shake the jar daily - the agitation helps to release the herbal properties of the petals into the liquid - but even if you don't shake the jar, you will have potent oil.

Let the herbs steep in the oil for a minimum of 3 weeks. Some prefer to let the oils steep for 6 weeks or longer. Some people place the filled jars on a jelly roll pan in the oven with the pilot light on as the warmth helps to encourage the extraction process. After steeping, strain oil by placing a strainer lined with a thin cloth over a bowl, and pour the entire contents of the jar into the cloth-lined strainer. Allow the oil to seep into the bowl, then gather the ends of the cloth together and squeeze out any remaining oil. The more you squeeze or press, the more oil you will extract. You can expect a loss of about 20 to 30 percent even after thoroughly squeezing and pressing since the dried herbs absorb a portion of the oil. Pour the golden calendula-infused oil into a glass jar. Label your wonderful creation with a name, date of manufacture, the list of ingredients and their proportions and directions for use. Put the used petals in your compost.

Calendula-infused oil has long been recognized in homeopathic preparations to restore health. It is said to have antioxidant, antiseptic, anti-inflammatory and regenerating properties; it has been proven to aid in healing wounds.

The Other Texas Oil

Due to its health benefits, olive oil has become a tasty alternative to butter or margarine when cooking classic dishes like spaghetti or chicken stir-fry.

The Texas olive oil industry is rapidly growing with more than 185,000 trees on more than 1,500 acres. And the prospects for the economic viability of this growing commodity have never been better. In the past decade, the number of commercial olive orchards in Texas has grown from 10 to 48.

Olives are harvested in late August and early September, and Texas olive oil can be found in a variety of retail locations, including farmers markets in most major Texas cities. To find a GO TEXAN olive oil producer, click here.

To learn more about olive oil production, visit www.texasoliveoilcouncil.org.

Ed note: See Sandy Oaks Olive Farm's products every Saturday morning during the Farmer's Market at Pearl.

<http://sandyoaks.com/>

<http://www.pearlfarmersmarket.com/>

Quick Green Tip

Reuse plastic bottle tops with their caps intact to create bag caps.

Cut the top of a plastic bottle off about an inch below the screw top base. To use with a plastic bag, pull the open end of the bag up through the bottle top (after removing the cap!) and fold it down evenly over the sides of the bottle top. This can be after you've filled the bag. Once the bottle top and bag edges are set, screw the bottle cap back on and you have an airtight seal!

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.

Treasurer's Report, September 2010

Submitted by Kathryn Seipp

INCOME	
Membership	40.00
Cookbook Sales	60.00
Resource Guide Sales	20.00
Bundled book Sales	35.00
Miscellaneous Sales	7.00
Interest on Savings	0.30
TOTAL INCOME	162.30
EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Insurance	400.00
Rent Expense	85.00
Storage Rent	0.00
Sales Tax	0.00
Telephone (toll-free number)	0.00
Website fee	30.00
Total Expenses	610.00
Total (Income-Expenses)	(447.70)
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,573.09
Frost Savings	2,386.49
TOTAL Cash and Bank Accounts	7,214.68
TOTAL ASSETS	7,214.68
LIABILITIES	0.00
OVERALL TOTAL	7,214.68

Gayle & Jean visited a bit with Karen who'd discovered SAHS thru the new Meetup.com site.



From the Membership Chair

We had several people join the SAHS at our October meeting. YAY!! We welcome Margaret Armendariz, Karen and Michael Blessing, Alston Cox, Norm Hastings, Annette Millard, and Cheryl Morrissey. Some found out about us from our new MeetUp.com site, some from the SAHS website and some from friends and relatives. It all works and we're so glad to have all of you join us and we look forward to getting to know you better in the future!

Let us also welcome folks who joined us during the Herb Market: Alexis Wiesenthal, MD, Bethany Wiltse, Sandra Woodall, Dean and Gilda DeBenedictis, Pat and Phil Gonzales, Heather McMaster (Lori Mark) and Andrew and Sharon Szymanski.

If you're scheduled for hospitality at our Thursday night meetings, we're also counting on you to help greet people, especially visitors and new members (well, any face that's unfamiliar to you, as well as the people you already know!), as they come in the door. I do what I can, but most of the time the membership desk stays pretty busy between 6:30 and 7:00, so I definitely NEED YOUR HELP. Introduce yourself, show them the Share Table, invite them to help themselves to refreshments, and maybe introduce them to someone else so they don't have to stand or sit alone.

Submitted by Gayle Morris, Membership Chair

Brian's November 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



1st Week:

Time change, Nov. 7th; time to *FALL* back. You lose a lot of evening daylight for the next couple of months, so get as much outside stuff done as possible and save the inside stuff for next week. Also, this is a good time to check your smoke alarm and change the battery. With the time change comes early nightfall—like sunset right before you get home from work! (You could start pulling out some of those Thanksgiving and/or Christmas lights (yeah, yeah, I know) and decorations and start making plans. –me)

Divide irises and day lilies now. Replant the rhizomes and bulbs in full sun in compost-enriched soil.

Brush your hand across a branch of your peach or plum trees. If leaves fall off, it is time to spray with *Kocide 101* (*Kocide* will defoliate the trees - *EO*), or any copper hydroxide product, to prevent bacterial diseases.

SLUGS and SNAILS are feasting on pansies, bluebonnets and other plants. Apply slug and snail bait or put out beer traps to slow them. The bait also will control pill bugs. (*A thrifty way to control slugs and snails and help with recycling; take a 3-liter soda bottle, cut the top third off the empty bottle, push the top portion into the body of the bottle ((with the spout down inside!). Use two or three staples around the rim to hold the parts together. Pour snail bait or use some bread with a little beer down the "funnel" and lay your trap down horizontally among your plants and the snails will come calling. When it's full or you're just tired of looking at it, just dispose of it and make another one.)

Sow Elbon (Cereal) Rye in bare parts of veg. garden as both a nematode trap crop and a "green manure" to be tilled into soil in late winter.

In Our Herb Garden:

If above average temperatures prevail; wait until after Nov. 15 to plant cool-weather plants such as pansies. Fall fertilizing is even more important than spring. Use a fast release 3-1-2 fertilizer - don't use anything high in nitrogen. - *EW*
Finish harvesting cold sensitive herbs and apply compost as winter mulch if not done in October. Mature herb plants will be high in essential oils and this is a good time to preserve them. - *Herbs: A Resource Guide for San Antonio*

2nd Week:

Dispose of diseased leaves from roses, Indian hawthorns, photinias, or fruit trees to reduce the chance of reinfesting the plants. Look for HORNWORMS and CABBAGE LOOPERS on vegetable plants. Both can be treated with Bt (*Bacillus thuringiensis*), products such as *Thuricide*, *Dipel* or *Bio-Worm*.

November is a good month for tree and shrub planting. Consider small trees at the edge of shade trees to form an understory. Redbuds, standard yaupon holly, Texas persimmon, loquat and Texas mountain laurel do well.

Prepare flowerbeds and plant pansies where they will get at least 4 hrs. of sun per day. Still time to plant hardy annuals like violas and snap dragons for winter and early spring color. Plant in a bed with good soil and lots of organic matter and add blood meal for an extra boost. Most need sunny sites.

Plant daffodils, irises and day lilies now.

Clean martin houses of sparrow debris and close them up until mid February.

3rd Week:

Clean up gardens after first freeze. Any plants with BLIGHTS or MITES should be thrown away, not composted.

Sow wildflower seeds. Bluebonnet transplants are available at area nurseries. Plant them 2 ft. apart, water them once and apply snail bait. They won't grow much until March. Be careful not to overwater. Plant pansies between them for color until April. If you want a challenge, plant sweet peas on a trellis. The color and fragrance are unmatched if the plants do not freeze or get too hot.

Make sure short-day bloomers (Poinsettia, Christmas Cactus and Kalanchoe) are not exposed to artificial light at night. Plant dianthus, ornamental cabbage and kale, pansies, phlox and Shasta daisies.

Do not plant beets, carrots, cabbage, lettuce or mustard too deep.

Dispose of diseased leaves from roses, Indian hawthorns, photinias, or fruit trees to reduce the chance of reinfesting the plants.

Put out birdseed for migrating birds. Shallow dishes of water will help quench their thirst.

4th Week:

Brown patch can be a problem throughout a mild winter. Take appropriate measures to control it early (if it develops, use a turficide labeled for your grass according to directions). Make sure St. Augustine grass is cut to its lowest level and avoid watering at night.

With the cool weather, you won't need to mow your lawn so frequently. Have the blade sharpened and run the gas tank dry if you won't be using the mower for a while.

Paperwhites have probably emerged in many neighborhoods. A light application of fertilizer (1/2 cup per 20 square feet) is useful.

Sunflower seeds in your bird feeder will attract chickadees, nuthatches, cardinals, blue jays, house finch and gold finches (GOLD FINCHES should be arriving from their migration; time to set out their feeder out). Use the metal, weight-sensitive feeders to exclude squirrels and white-wing doves.

If deer visit your garden, but you still want winter and early spring color, plant flowering kale, ornamental cabbage, snapdragons and bluebonnets. The deer don't seem to find them as tasty as other plants.

Tomatoes, peppers, okra, beans, and Southern peas will continue producing as long as warm weather prevails.

* If you're buying a poinsettia in the next few days and if temperatures are below 40 degrees, have your car warm as you get ready for the trip home. Do not let it be exposed to freezing temperatures for more than a few seconds. Covering it with a lightweight fabric or even paper can give you several minutes longer.

**In updating this collections of useful tips, I have come across several comments, instructions and chemicals that are being replaced with newer techniques and materials. In some cases, I do not want to change what others have written, but I need to bring "them" up-to-date by putting a "(?)" right behind the point in question and maybe adding my own two-cents worth. - me
Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.*



SIG-nificant Events

SIG Leaders... What has your group done lately?

Don't forget to get a note to the newsletter editor for next month!

Healthy Living with Herbs SIG

The Healthy Living with Herbs SIG enjoyed a "Spa Day" with scenic views of the Hill Country near Boerne. We started the day with delicious and healthy smoothies, muffins, and herbed fruit followed by "Gentle Yoga" led by SIG member Randy Mass. Following yoga, Diane Lewis, SIG member and "2010 Spa Day" facilitator, spoke about the spa products we would make using natural ingredients, herbs, and essential oils and then focused on the health benefits of calendula. We broke into groups and made six spa products to use during the day; herbal steam facial, strawberry & honey face mask, sugar scrub, bath salts, perfect cream, and calendula body/massage oil. We made extra of the last four products to divide and take home for use later. The calendula body oil looked lovely in heart shaped bottles decorated with raffia and dried flowers. (Recipe for calendula-infused oil on page 5)

In preparation for meditation, Randy brought each participant an eye pillow case sewn shut on three sides. She taught us how to stuff these with a mixture of flaxseed, lentils (or beans), and relaxing herbs like chamomile, lavender or spearmint; then sew them shut by hand.

We enjoyed a delicious and healthy soup and salad potluck lunch. Diane's friend, Lien Wilcox who hosted, was a hit with her tasty Vietnamese spring rolls and dipping sauce.

After lunch Randy taught us some meditation techniques and guided us through mediation exercises. Then it was time to put those spa products to use! We started with a face and hand spa session followed by meditation with eye pillows while we soaked our feet with herbs, herbal oils and bath salts. Everyone went home feeling very relaxed!

submitted by Diane Lewis

Culinary SIG

The Culinary SIG met on September 28 at Karen's house for "Pasta, Pesto and Pinot". Karen provided the pasta and several members brought delicious pesto. Alma brought basil pesto, Gayle brought cilantro pesto, Ernie brought sun-dried tomato pesto (thank you, Jeanne, for providing the recipe even though you had to be out of town, and thanks, Ernie, for volunteering to bring it!), Madeline brought artichoke pesto, and Beverly brought an Asian pesto, as well as a light and refreshing fruit and cottage cheese dessert. (A nice palate cleanser after the bold savory flavors of the pesto!) Gayle also brought a bottle of pinot noir. (Lesson learned: avoid inexpensive when it comes to pinot noir and just because a vintner can produce a decent bottle of Riesling doesn't mean they can do the same with a pinot.)

The Culinary SIG has decided to increase our size by a few more. We'd love to give an opportunity to some of our newest members to join our SIG. Contact me if you're interested but don't wait too long! gaylemorris09@gmail.com or 210-912-9787. (And if the interest is great, there's nothing that says a second Culinary SIG couldn't be formed.)

submitted by Gayle Morris

Weed-n-Gloat SIG

Taking a break from weeding for a bit. Do stop by the SA Botanical Garden and check out our little plot—it's right next to the rose garden, before you get to the cottage garden.

Herbal Crafts SIG

At the September Herbal Crafts SIG meeting, everyone learned to make leaf sand casting for bird baths. The results were outstanding! Many different decorative medias were

used along with leaves. There was broken china, rocks, stones and gems. Each one was an original and the results were outstanding. One person even reported that a bird used theirs.

The October meeting has been cancelled. Too many of us are involved in other things. But we will meet in November. We will learn how to make custom teas. As usual our meeting will be on the third Saturday of the month, November 20. If interested in attending, contact Sally Ann at mustang_sally6@msn.com

submitted by Sally Ann Hnatiuk

*Leonid meteor showers
centers around Nov. 17*



Kathryn set out piles of new tee-shirts and aprons for members to purchase and equip themselves before the Herb Market. Marilyn was supervising.

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